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EatingWell®

MARCH 2022

Let's Explore

At Home & Away:

Chicken Chorba
PAGE 70

Chicken Soups from Around the Globe

The Caribbean's Foodie Paradise

A Southern Farm-to-Table Mecca

+

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FEATURES

COVER: GREG DUPREE; STYLING: EMILY NABORS HALL (FOOD), LYDIA PURCELL (PROPS).
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PETER FRANK EDWARDS

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Reservation: Greenville
This South Carolina town is home to an almost embarrassing number of James Beard–nominated restaurants—which also happen to farm the food they serve. Join us for a culinary tour.
By Betsy Andrews

Greg McPhee, chef of The Anchorage in Greenville, S.C.

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The Wonderful World of Chicken Soup
No two pots of chicken soup are alike. These five—shared by cooks with roots in Colombia, the Philippines, Sri Lanka, Iran and Morocco—are a great place to start exploring.
By Rachel Stearns

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Curry & Calypso
Trinidad may be 7 miles off the coast of Venezuela, but the country that's had an outsize influence on its food is India. Foodways historian **Ramin Ganeshram** explains how that came to be and shares her favorite recipes.

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Miso Love
This fermented bean paste has been a staple in Japan for more than 1,300 years. Here, cookbook author and cooking teacher **Sonoko Sakai** shares her passion for miso along with recipes for everything from miso soup to carrot cake.

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Who Will Farm Our Future?
With an average age of 60, many farmers are aging out of the business, and younger generations are proving slow to step in, leaving a troubling gap. *EatingWell* looks at what's being done to safeguard our food system. **By Barry Estabrook**

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Good Life

With spring around the corner, *EatingWell* looks at the impressive health benefits of getting out in nature. We also sort out what can—and can't—protect bone health *(p.20)* and the lifestyle moves that have been shown to lower cholesterol and get your numbers in a better place *(p.16)*.

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Dinner Tonight

Make the most of the abundance of seasonal produce (and make your meals *fast*) with recipes for Orange-Mint Freekeh Salad with Lima Beans *(p.28)*, Prosciutto & Fontina Stuffed Chicken with Spring Vegetables *(p.30)*, Gochujang-Glazed Salmon with Garlic Spinach *(p.38)* and more.

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Good Food Fast

If you love a good ranch dressing as much as we do, check out our picks of the tastiest and healthiest brands *(p.48)*. Plus, 5 breakfasts that all start with the same 5 ingredients *(p.50)* and our favorite frozen dinners with global flavors *(p.52)*. Moroccan Lemon Chicken & Olives in minutes? Yes, please!

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Well Seasoned

With all due respect to dried pasta, there's really nothing like the fresh kind. Our Test Kitchen reviews the best pasta makers on the market and shares a no-fail pasta dough recipe. Then, we're celebrating St. Patrick's Day with an Irish stout cake, and the ingredients that take it from good to OMG *(p.102)*.

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Food with Purpose

The Golden 1 Center—home to the Sacramento Kings basketball team—is proving that great courtside eats can be both locally sourced and sustainable: 90% of the food and beverages they buy, from hot dogs and popcorn to beer and rice, come from within 150 miles of the city.

JACOB FOX; STYLING: GREG LUNA (FOOD), SUE MITCHELL (PROPS)

IT'S TIME FOR PUERTO RICO.

It's time to decompress and soak in the moment. To look forward to rising with the embrace of the sun and relaxing in the warm Caribbean breeze. To bask in vibrant colors and experience tropical bliss. To set your sights on a long-awaited escape and reimagine life's simple pleasures. It's time to take care of yourself by letting us take care of you. Learn more at **DiscoverPuertoRico.com**

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Let's Explore

Most years, I mark time based on where I'm traveling next. My favorite destinations are far away and with outstanding food that I can't get at home in Vermont. For obvious reasons, the last two years have been different—the trips a lot closer to home and the plans more in flux depending on the COVID curveball of the moment. So much of my exploration has been in my own kitchen versus tasting frutti di bosco gelato in the streets of Palermo or sampling wild boar charcuterie in Patagonia.

If, like me, you love discovering new foods then this issue is for you. It's one part travel inspiration and one part at-home culinary adventure. "The Wonderful World of Chicken Soup" on page 64 is a great example of the latter. We asked five experts with ties to Colombia, Sri Lanka, the Philippines, Iran and Morocco to share their recipes for that ultimate bowl for the soul. All of them are comforting, nourishing and delicious, yet none of them is alike—ranging from a brothy soup redolent with ginger and garlic to the chorba on the cover, made with chicken wings, chickpeas, turmeric, saffron and broken spaghetti. As we tasted our way through these recipes in the Test Kitchen, the vastness of the chicken soup canon was clear. So exciting!

We also explore the umami powers of miso with author Sonoko Sakai on page 82. She espouses her habit of starting every day with a bowlful of miso soup and she also shows us how to use miso to marinate tofu, enrich a chicken curry and spike cream cheese frosting to give it a hint of toffee. Sakai is a professional cooking teacher as well as an accomplished gardener. After reading her story I immediately bought a big tub of locally made miso to use at home.

Now, if you're up for travel, even if it's just the armchair kind, we're covering two destinations I can't wait to tick off my list. One was surprising to me in that I knew nothing about this spot: Greenville, South Carolina *(page 54)*. It happens to be a hotbed of restaurants where the chefs plan their menus hand-in-hand with local farmers. And it sounds like a great place to visit if you like to tour around by bike. The other is Trinidad *(page 72)*. I'm always up for a trip to the Caribbean, and this island is especially blessed with good food, in large part because of the Indian diaspora there, as writer Ramin Ganeshram explains.

Whatever the coming months bring, whether I stay close to home or venture farther afield, my plan is the same—to pack in plenty of new tastes and recipes. I hope you will too.

Cheers,

Jessie

Jessie Price,
editor@eatingwell.com

Follow me on Instagram @jessieeatswell

On this 2021 trip to Cape Cod, when I wasn't out fishing I was eating my way through chowder, oysters, raw littleneck clams, fried belly clams and more.

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WE ASKED YOU:

What's your favorite sign of spring?

An **email from the community garden** saying it's time to get our plots ready for planting! —*brkristie*

When I'm walking near the creek and notice **the sound of the ice layer cracking** as things begin to melt! —*hyggetime56*

The **smell of sun on soil,** mixed in with the smell of worms and leaf decay. —*vtnaturalist*

Having **more birds** come into my backyard to my bird feeders. —*carinharmon9176*

Chives peeking up through the ground. —*brambles72*

The sound of **spring peepers** means warmer weather is on its way. —*steph_shields1*

Skunk cabbage sending up its funky flower all stinky and melting the snow around it—the true sign of spring for me. —*kd_goin*

Spring Chicken

Scan this code for 3-ingredient meals using a store-bought rotisserie bird.

WHAT'S TRENDING ON EatingWell.com

1 Spring Entertaining
Gather round for vernal cocktails and dishes that feature seasonal produce (hello, rhubarb!), plus party-ready bites like these crispy smashed mushrooms with gremolata. *EatingWell.com/spring*

2 Salad Challenge
A bowl of greens a day. For 30 days. You got this. Find crunchy, zingy recipes for simple sides or satisfying lunches—and boost your veggie intake deliciously. *EatingWell.com/saladchallenge*

3 Make It Sparkle
Nothing says fresh start like a clean home. We've got pro tips so you can scour every nook and cranny. *Aah!* Go to *EatingWell.com/springclean*

THE EATINGWELL GOOD-LIFE GURUS

Get inspired by these foragers who are taking Mother Nature up on her edible offerings—responsibly—and sharing their bounty on the 'gram.

@foragingandfeasting
The author of two books on the topic, **Dina Falconi** has been foraging for decades. Based in New York's Hudson Valley, she offers paid workshops online but gives tons of free info on her Instagram—including video tours of what's growing in her region throughout the seasons, detailed captions on plants' medicinal properties and intricate botanical drawings from her field guide.

@blackforager
What Bill Nye did for science, **Alexis Nikole Nelson** does for foraging: she makes it hilarious and so approachable that you'll want to join the fun. Her millions of Insta and TikTok followers tune in to see her scouting her neighborhood in Columbus, Ohio, for magnolia flowers, collecting kelp in Maine ("Every weird look you get on the beach is a victory," she says) or whipping up a batch of acorn cheese.

@tasteofn8vcuisine
M. Karlos Baca grew up foraging with his grandfather. He later used that knowledge to lead gathering workshops and prepare fine-dining meals with his finds as executive chef at Dunton Hot Springs resort, before starting an Indigenous food cooperative in southwestern Colorado. On IG, he shares plants he's collected, like the wild onion, carrot greens and biscuit root greens for this "future pot of beans."

TOP: DERA BURRESON; BOTTOM: DINA FALCONI; RACHEL JOY BAREHL; M. KARLOS BACA

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Actress, Director, Producer & Activist

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GOOD LIFE

FRESH IDEAS FOR EVERY DAY

Green Peace

Could time spent in nature be the key to buffering today's stress—and building resilience against tomorrow's? **Jennifer King Lindley** looks into the restorative power of forest bathing.

Mark Ellison, Ed.D., is leading a few world-weary souls into the lush forest of Pinnacle Park in the Great Smoky Mountains of North Carolina. Over several hours, the group will cover less than a mile but experience another world. "It is probably the slowest walk you have ever been on," he says. Along the way, Ellison pauses and encourages participants to immerse themselves in the outdoor experience using all of their senses: rub their fingers over moss, listen to the splash of Fisher Creek, study the intricate geometry of a fiddlehead fern. The walk concludes with white-pine-needle tea sipped from handcrafted mugs and a chance to reflect on the experience. "Afterward, people describe a sense of peace," he says.

More than just a nature stroll, forest-bathing excursions like this are meant to reconnect participants with the restorative power of nature using all of your senses. It's based on shinrin-yoku, a practice that first started in Japan in the 1980s to provide a calming respite for stressed-out urban dwellers—and it's now gaining ground in America. As the founder of Pinnacle Forest Therapy, Ellison is one of a growing number of certified Forest Therapy guides in the United States—some 900 people have been trained by the Association of Nature and Forest Therapy Guides and Programs, according to the group's founder, Amos Clifford.

Time spent outdoors confers a host of physical and mental benefits, and there's mounting scientific evidence for forest bathing, in particular. Studies done in Japan have found that after being in the woods—anywhere from 10 minutes to several hours—participants' blood pressure and heart rates measurably decreased. Intriguingly, levels of the immune system's natural killer cells, which help fight off viruses and defend against diseases like cancer, jumped as well. Bathing yourself in nature also tamps down the body's stress response and reduces anxiety, says Marc Farrow, a physical therapist, certified Forest Therapy guide and founder of Winston-Salem Forest Bathing in North Carolina. In a 2019 research review he published in *Global Advances in Health and Medicine*, there was a strong correlation between being in nature and an uptick in subjects' heart-rate variability, which signals an ability to adapt to stress.

Scientists aren't totally sure why forest bathing might be so *aah*-inspiring. One theory is that we are hard-wired to feel most at home outdoors. "Humans have been deeply connected to nature throughout our evolutionary history," says Kathleen L. Wolf, Ph.D., a research social scientist at the College of the Environment at the University of Washington. The "soft fascination" the natural world provides—the play of light on water, the bustling of bees in one's garden—also invites our attention without conscious effort, allowing our brains to rest and recharge, she adds.

If you don't have time for a long forest immersion, even 20 minutes spent in a green space has been shown to decrease fatigue and improve mental clarity. The trick to getting the most out of your session, experts say, is to take in small details—notice how the air feels on your face, or how the tree's bark looks different after a rainstorm. In nature, there is always something new to observe.

Certified Forest Therapy guide Mark Ellison leads participants in a tea ceremony at the end of a walk. To find a forest-bathing guide near you, go to *natureandforesttherapy.earth*.

THIS PAGE & PREVIOUS: JOHNNY AUTRY

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Table Talk with Pepper Teigen

Everyone's favorite Thai mom (and Chrissy Teigen's *actual* mom), Vilailuck "Pepper" Teigen, dishes about her cookbook and living with Chrissy, John and her grandkids. **By Rachel Stearns**

What ingredients do you always keep in the fridge?
I always have to have a variety of vegetables: bok choy, green onions, cilantro, shallots, lemongrass. And of course: peppers! Bird's eye chiles are my favorite source of spiciness.

You live with Chrissy and John, and you all love to cook. Is it hard to share the kitchen?
John likes to take over the kitchen when he cooks, so he just asks us to sit down and wait. If Chrissy cooks, sometimes I'll let her be the boss and I'll be her sous chef. I taught her how to make spring rolls when she was a young kid while we were living in Idaho. Now when we make them at home in California, I'll get the filling of pork, tofu and vegetables prepped, and Chrissy will do the rolling. (Luckily she paid attention when I showed her how to roll them tightly!)

What kitchen tool or gadget can't you live without?
My wok is a must for me. And a mortar and pestle. I use the one I gave Chrissy and John as a wedding present. Every day you can hear me pounding chiles into paste. It might be kind of strange for people in the U.S., but in Thailand, you hear it all afternoon—grandmas cooking in every house, pounding chile paste!

What's your if-I-only-had-one-meal-left meal?
I would go with pad thai and papaya salad. Chrissy always tells me hers would be my scalloped potatoes. They are flavored with ham and bacon and are perfectly creamy and gooey.

How do you stay active?
Every morning, Chrissy and I have yoga at home. And I try to walk every day after the children go to school. I walk everywhere, zigzagging and doing circles, listening to podcasts.

***The Pepper Thai Cookbook* has a lot of stories woven through it. Why was it important for you to share them?**
The recipes bring back the things I used to do with my parents and grandparents, and then with my own daughters when they were little, and now I'm doing again with [granddaughter] Luna, and we're making memories. One of the first dishes my mom taught me to make as a little girl was Thai coconut pancakes, or kanom krok. I taught my daughters when they were young, and now it's one of Luna's favorite things to cook with me! In our family, it's a special dish.

Are there any recipes you wanted to keep secret and didn't include in your book?
No! Everything is out there in the book, and I'm so happy it's finally written down. I'm so proud. No secrets!

What's the best part of being a grandma?
It's just a joy. I love when the kids come into my room in the morning and wake me up. I make them breakfast and do Luna's hair, help them get dressed and take them to school or pick them up when their parents aren't available. The kids love me because at the end of the day I put them to bed and tell them fables from Thailand or stories about when I was little.

Scan with your phone's camera to get Pepper's Pad Thai Brussels Sprouts recipe.

JENNY HUANG

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Slow Your Bowl

If your pet finishes his dinner before you can say *Who'sagoodboy*, he may be eating too fast. **By Rachel Stearns**

Besides being a little unnerving to you *(Is he even chewing it?!)*, wolfing down food too quickly can be a health hazard for your pet or even lead to a medical emergency. (Although dogs are usually the ones most apt to speed-eat—especially the notorious Lab—this advice goes for cats too.) Experts don't have a clear distinction between what's fast and *too* fast, but board-certified veterinary nutritionist Cailin Heinze, V.M.D., M.S., DACVN, says that even mild issues immediately after eating, such as burps or farts, regurgitating food or seeming uncomfortable when trying to lie down, can be evidence of a speed problem.

There can be dangerous consequences, as well. "Eating too fast can be associated with swallowing air, and generally you don't want air in the gastrointestinal tract," says board-certified veterinary nutritionist Megan Shepherd, D.V.M., Ph.D., DACVN, clinical assistant professor of nutrition at Virginia-Maryland College of Veterinary Medicine. It may lead to gastric dilatation volvulus—also called bloat—a condition that causes the stomach to twist and requires an immediate (and very expensive) trip to the vet, as it is fatal if untreated. Pets can also choke on their food just like humans do. (Shepherd recommends pet owners familiarize themselves with the Heimlich maneuver for animals. Tutorials can be found online.)

Speed-eating is a difficult behavior to train out of your pet, Heinze explains, because it requires rewards, and the best one you can offer—food—is already right in front of him. "A better strategy is to feed your pet in a way that forces him to eat more slowly," she says. Heinze recommends providing multiple small portions or hand-feeding (if your pet is gentle enough).

There are also products designed to slow down meals. For a dog who loves to investigate smells, try scattering kibble into a snuffle mat made with strips of fabric that he'll have to poke through with his nose to find the pieces. Puzzle toys—available in varying types and difficulty levels for both cats and dogs—also provide mental stimulation by requiring pets to move pieces or tip the toy a certain way to release the food. Slow feeders, which bear the most resemblance to a traditional food bowl, have small compartments that encourage nibbles instead of gulps. (For a DIY version, try using a mini muffin tin.) Your pet may not thank you for this, but his tummy will be happier—and isn't that thanks enough?

SERGEY RYUMIN/GETTY IMAGES

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Stave Off the Statins

4 ways to lower your cholesterol without meds. By Kristin Kirkpatrick, M.S., RDN

If you've been diagnosed with high cholesterol, you have a lot of company. The condition affects about 38% of Americans—and if you count those who don't know they have it, that number may be as high as 70%. Though genetics can play a role, studies show that lifestyle factors also contribute to your risk, so making a few smart changes—like the ones here—could help improve your numbers.

Feast on Fatty Fish

"We need fat in our diets, but the *type* of fat matters," says Gina Jones, M.S., RDN, LDN, a Cleveland-based dietitian. Unsaturated fats, particularly those found in fatty fish like salmon, mackerel and anchovies, are especially beneficial. A study published in the journal *PLOS One* found that people who consumed at least three servings of these types of fish each week had an increase in "good" HDL cholesterol, which is known to be protective for heart health.

Go with Your Gut

Research shows that the gut microbiome may have a strong influence on blood lipids. And probiotics—which can increase the number of beneficial bugs you have in your gastrointestinal tract—appear particularly promising. A 2018 meta-analysis of randomized controlled trials found that regular intake of probiotics reduced total cholesterol by an average of 13 mg/dL (a modest but not insignificant amount). While most of the research has used supplements (namely because it's a precise testing method), fermented foods like yogurt, tempeh, sauerkraut and kimchi are also likely beneficial. In one small clinical trial, participants' total cholesterol was reduced by 9 mg/dL, on average, after eating kimchi for just seven days.

Snack on Some Chocolate-Covered Almonds

While the heart-health benefits of almonds are well established, a recent clinical trial published in the *Journal of the American Heart Association* found that noshing on the nuts with dark chocolate may provide even more benefit. Participants who were given almonds, dark chocolate and cocoa powder as a snack for four weeks saw reductions in their LDL cholesterol (more so than those who ate just almonds), and specifically in small dense LDL, which is more likely to cause atherosclerosis.

Get Your *Om* On

Heart-pumping exercise is a common cholesterol fix, but taking time to lower your heart rate through meditation shows promise as well. A 2020 observational study published in the *American Journal of Cardiology* found that people who meditated were 35% less likely to have high cholesterol than those who didn't. The study didn't determine causation, or what type or frequency might be most beneficial, but experts believe that even 5 minutes of mindful meditation a day could help reduce stress and lower heart disease risk.

LIUDMYLA YAREMENKO/GETTY IMAGES

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Oysters Coast-to-Coast

Whether you love them raw, roasted or fried, we found some shell-shucking spots that are worth the trip. **By Hannah Selinger**

B&G Oysters
Boston, Massachusetts

"B&G Oysters was built from my memories as a young kid, when my family would go to Kelly's Landing for fried Ipswich clams and lobster rolls," says James Beard Award-winning chef and owner Barbara Lynch. Kelly's Landing closed in 2010, after 83 years, but the spirit of Boston seafood lives on at B&G, where diners can get fried clams and lobster rolls, yes, but also superlative raw East Coast oysters, which Lynch describes as "mineral tasting." The specific oysters Lynch serves change depending on availability. "Nova Scotia are my favorite—it is like eating a salted cucumber on ice."

Casamento's *(above)*
New Orleans, Louisiana

Founded in 1919 by Joe Casamento, who emigrated from Italy, this New Orleans haunt is outfitted with 100-year-old Italian tile—and a seafood-loving crowd. Here, the oyster is king. Eat them on the half shell, char-grilled, or in the beloved oyster stew. And don't miss the oyster loaf—a sandwich made from buttered, toasted "pan bread" and fried Gulf oysters. According to Natalie Gerdes Herbert, assistant general manager and fourth-generation family member, Louisiana oysters are the best for frying and cooking: "They're the perfect size, texture and taste."

Mingo Point Oyster Roast & BBQ
Kiawah Island, South Carolina

If raw oysters aren't your thing, head here for a low-country-style seafood BBQ, with live music and views of the Kiawah River. For 42 years, M.C. Heyward of Kiawah Island's Sanctuary Hotel has hosted the Mingo Point Oyster Roast, held on select holidays and every Monday from May through September. Heyward uses oysters harvested from neighboring Edisto Island in this traditional roast, which highlights unshucked oysters, cooked on a steel plate over a hardwood fire. Eat them like the locals do: with soda crackers and hot sauce.

Taylor Shellfish Farms *(right)*
Seattle, Washington

"Our great-great-grandfather found his true calling in oyster farming back in 1890 with the Olympia oyster," says Jada Pearson, marketing coordinator and fifth-generation member of Taylor Shellfish Farms. In addition to the Puget Sound-native Olympia, the family-owned farm grows three other West Coast species: mild Pacific, melon-forward Kumamotos and creamy Totten Inlets. You can find them at any of their three Seattle oyster bars. Pearson recommends slurping them straight up. "We love a naked oyster. Nothing tastes fresher or more delicious."

ILLUSTRATION BY JULIA ROTHMAN; OPPOSITE: ANA HINOJOSA

A SUSTAINABLE CHOICE

Not only does oyster farming require few inputs, it's actually beneficial to the environment. According to the National Oceanic and Atmospheric Administration, the bivalves filter excess nitrogen, biotoxins and pathogenic microorganisms from the water. They also help to control algal blooms and even provide habitats for other types of marine life. Just another reason to slurp!

Truth Meter: Healthy Bones Edition

Here's what you need to know about what *really* keeps them strong for life. **By Joyce Hendley**

TRUE

All exercise is good for bone health. It's well known that resistance workouts like lifting weights are highly effective at keeping bones strong, but a new meta-analysis suggests that any type of physical activity is beneficial—everything from swimming and Pilates to walking and dancing. Balance- and coordination-boosting activities like yoga and tai chi may do double duty. In addition to reducing the risk of falls, a study found that a 12-minute regimen of 12 yoga poses designed to target common fracture sites (the spine, hip and femur) increased participants' bone density when practiced daily over a 10-year period. (As always, check with your doctor before starting a new workout regimen, especially if you have osteoporosis.)

SOURCES: INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY, TOPICS IN GERIATRIC REHABILITATION

SORTA TRUE

Bone loss is inevitable as you age. First, the bad news: for most people, the bone-building years end somewhere between age 25 and 30. "After that peak is reached, bone mass is generally stable until close to age 50, when a steady decline begins," explains Bess Dawson-Hughes, M.D., a bone metabolism expert at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston. But there's still a lot you can do to help preserve your bones after hitting that peak—and that's key "because it enables bone mass to be more stable, as opposed to declining," she notes. Some bone loss is still inevitable with aging, but keeping active, eating a healthy diet, avoiding smoking, maintaining a healthy weight and limiting alcohol are all good ways to slow it down—and prevent progression to more serious conditions like osteopenia or osteoporosis.

SOURCE: NATIONAL OSTEOPOROSIS FOUNDATION

MOSTLY FALSE

Dairy is essential for healthy bones. It's true that dairy foods generally deliver the highest amounts of calcium per serving, but many nondairy sources are no slouches either. For example, a stir-fry made with tofu, edamame and bok choy can provide about as much calcium as a glass of milk. You may have heard that calcium from plant foods is not absorbed as well, but this is only true with those containing high amounts of oxalic acid (like spinach, rhubarb and beet greens) and phytic acid (particularly beans and legumes). It's not a problem with other vegetables, such as kale, broccoli and bok choy. Meeting the RDA without dairy "takes a commitment to eating lots of vegetables and fruits," admits Dawson-Hughes, "but it's certainly possible." Including calcium-fortified foods like orange juice, cereals and plant-based milks can also help ensure you get a healthy dose.

SOURCE: AMERICAN JOURNAL OF CLINICAL NUTRITION

FALSE

Calcium supplements are dangerous. Start Googling calcium supplements and you'll probably run across some scary news that they can cause kidney stones and potential heart problems. But these sensational stories tend to be based on older studies that used megadoses of calcium. "Most of the kidney stone data comes from the 2006 Women's Health Initiative trial," explains Dawson-Hughes, where study participants were taking as much as 2,100 mg per day from supplements alone—far above the RDA of 1,000 to 1,200 mg for most adults, which could have caused higher concentrations of minerals in their urine. "So it was no surprise to see some stone formation in that context." Most experts agree that smaller doses—think 500 mg or less—are generally safe, and can be a good safety net if you're worried about your calcium intake.

SOURCE: NATIONAL INSTITUTES OF HEALTH, OFFICE OF DIETARY SUPPLEMENTS

Bok choy and tofu are excellent nondairy sources of calcium.

Scan with your phone's camera for easy high-calcium dinner recipes.

JOHNNY AUTRY

Farrell Monaco prepares the iconic *panis quadratus (left)* and mustacei *(above)*, Roman biscuits made of grape skins and pulp discarded from winemaking.

Truly Ancient Grains

Studying the remains of bread found in the ruins of Pompeii, culinary time traveler Farrell Monaco is on a quest to re-create the loaves of ancient Rome. **By Beth Graham**

On August 24, 79 AD, the bakers of Herculaneum, a small enclave near Pompeii, Italy, were preparing loaves of bread when Mt. Vesuvius erupted with a fury, burying the communal bakery and surrounding region. Nearly 2,000 years later, researchers unearthed 81 perfectly carbonized loaves of bread from the site, offering a potential window into the culinary traditions of ancient Romans.

For the past three years, Farrell Monaco has studied the remaining preserved loaves to re-create the recipe. Monaco is a culinary archaeologist (yes, there is such a thing), uncovering cooking tools, preparation methods and recipes from thousands of years ago. Her work has primarily focused on ancient Greece and Rome—she also recently reconstructed a menu from a Pompeiian *thermopolium*, a pub unearthed in 2020, based on frescoes painted on the walls and remains found in the kitchen. But she is particularly interested in bread and the role it played in ancient societies (she is currently working on a cookbook of ancient Roman breads).

To re-create the recipe of the iconic *panis quadratus* (panis is Latin for bread, and quadratus refers to the four indentations made with a string or reed so the loaf could be easily broken for sharing), Monaco examined archaeological remains, writings and pictorial records—plus the carbonized loaves themselves.

The crumb was dense but filled with tiny holes, indicating a leavened dough. Grains excavated from the same bakery were identified as *Triticum aestivum*, the common wheat still used for bread today. She ground the flour by hand with a stone mill to match the coarseness of the Roman flour of that time. Monaco also turned to an ancient text by Philostratus the Elder, who described flavorful loaves of bread seasoned with "fennel and parsley and also with poppy seed, the spice that brings sleep." After painstaking experimentation, she believes she has developed a final product almost identical to the original.

Why the obsession with bread? "I think we underestimate the role that bread plays in our society," says Monaco. It's been a symbol of survival and community dating back to Biblical times. "The breads used as offerings in Roman pagan religious practices were absorbed into early Christian practices, and the essence of them is still used in churches today," explains Monaco. "Bread connects us. It comforts us. It sustains us. We traditionally start our meals with bread. It's a historic and universal practice." Perhaps that's why so many of us filled our quarantine time babying and coaxing sourdough starters: it soothed us in a time of uncertainty.

FARRELL MONACO

Fix Your WFH Slouch

All those hours spent hunched over your laptop or working from the couch can be a literal pain in the neck. Relieve it and sit taller with these simple moves. **By Laura Scholz**

The average American spends almost eight hours a day looking at screens, according to recent studies, and often not in a very ergonomically responsible way. Think: neck craned forward, back and shoulders slumped. And that can cause headaches, shoulder inflammation, neck pain and back spasms—a cluster of symptoms doctors have dubbed "tech neck." "It's like dangling a 50-pound ball around your head all day," says Oluseun Olufade, M.D., an assistant professor of orthopedics at Emory School of Medicine in Atlanta, who adds that it's only gotten worse since the pandemic.

Tracy Green, a certified Pilates and barre instructor in Louisville, Kentucky, says many of her clients have also experienced an uptick in range-of-motion issues like difficulty turning their heads. Her prescription for improving posture and keeping the pain at bay? This quick, no-equipment workout, which is designed to stretch and strengthen the muscles that support your back and neck. Do it three to four times a week and soon all those Zoom sessions will be a little less agonizing—well, at least in one way.

Try this 5-minute routine to ditch your "tech neck" pain.

1 Cat-Cow Stretch

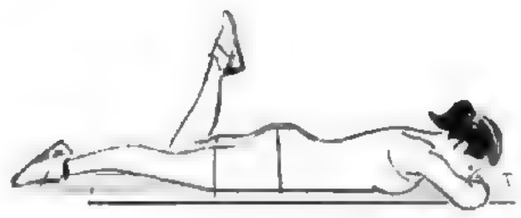
Start on all fours with hands directly under shoulders and knees under hips. Inhale and arch your back, lowering belly downward, as you lift chest and tailbone toward the ceiling. Exhale and drop chin to chest as you round your back toward the ceiling and tuck your tailbone. Repeat 5 to 10 times, breathing deeply and moving slowly.

Scan with your phone's camera for tips to improve your posture while working from home.

2 Child's Pose & Thread the Needle

Move into Child's Pose by sitting back on your heels, extending arms forward and resting your forehead on the floor. Hold, breathing in and out 4 times. From here, take your right arm and thread it underneath your left armpit; turn your head and look toward your right hand. Hold while you inhale and exhale 2 times, then switch sides and repeat.

3 Single-Leg Kicks

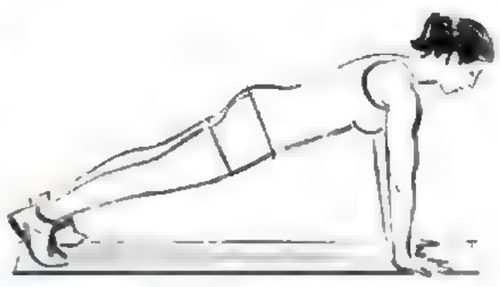


Lie on your stomach with legs extended and arms bent, forehead resting on hands. Inhale and quickly kick one heel toward your butt 2 times, then exhale, lower the leg and immediately repeat with the other leg. Do 10 times on each side.

4 Prone Superman with "W"

Lie on your stomach with arms and legs extended. Engage your core muscles and slowly lift arms and chest off the floor (don't lift your legs) as you bend elbows toward sides so your arms form a "W." Keep your gaze downward so your neck stays in line with your spine. Hold for 3 seconds, then lower to the starting position. Do 5 times.

5 Plank



Get into a raised pushup position with hands directly under shoulders and feet hip-width apart, so your body is in one long line (don't let hips sink or pop up). Hold for 30 to 60 seconds, keeping your gaze at the floor so your neck stays in line with your spine.

ARTHUR MOUNT

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Leslie Wiser *(right, with her daughter)* grows Asian produce like this bitter melon at Radical Family Farms, whose cultural committee is shown above.

Now Picking: Bitter Melon

A growing number of small-scale farmers are turning to Community Supported Agriculture to connect Asian Americans with key ingredients from their heritage. **By Jonathan Kauffman**

Last May, Leslie Wiser heralded the start of CSA season at Radical Family Farms in Sonoma County, California, with a flurry of Instagram photos. Lush sprays of bok choy. Pale, curvy Korean ponytail radishes. Crisp Japanese turnips. For Wiser, the daughter of Taiwanese and German immigrants, growing these vegetables for her biweekly farm boxes honors a deeper mission that she calls "heritage cooking and identity exploration through food." Many of the recipients are immigrants or children of immigrants of the Asian diaspora, who can't easily buy these crops from local farms and are similarly looking for ways to reconnect to their heritage.

People of Chinese, Japanese and Filipino heritage on the West Coast have been growing long beans, napa cabbage and other Asian varieties of produce for 160 years, primarily for their local communities. Despite the fact that some traditional Asian veggies, such as bok choy, are widely available in grocery stores, you'll find few of these cultural crops at farmers' markets—and they're rarer still in CSA boxes. But in the last decade, nearly a dozen Asian American-owned farms around the country have started their own CSA programs. One of the first, the Hmong American Farmers Association—a collective of families in St. Paul, Minnesota, who've been farming in the area since they started resettling there in the 1970s—see their CSA as a way to strengthen their economic security. They've been joined by independent operations, such as Radical Family Farms, upstate New York's Choy Division and Kamayan Farm outside Seattle.

Shawn Miller and Hiromi Yonemoto, owners of Tuk Muk Farms in the Sammamish Valley north of Seattle, started selling CSA boxes filled with Japanese greens and Southeast Asian herbs in 2017. They were motivated by conversations with Asian American friends who bemoaned the fact that they had to choose between shopping at Asian markets, where the produce is imported from California or overseas, or adapting traditional recipes to readily available supermarket produce. "We've been farmers forever, but we shifted to thinking about what communities we wanted to serve, and what food we wanted to supply—and have in our own house," Miller says.

Sometimes the CSA addresses an even more pressing need. On Transplanting Traditions' 8-acre plot in Chapel Hill, North Carolina, members of the Karen and Chin ethnic minority groups who are refugees from Burma grow chemical-free produce for two programs. Five of the farmers earn income through a CSA supplying 165 families with a mix of American and Southeast Asian crops. And the nonprofit's Share a Share program pays another eight farmers to grow culturally relevant produce to distribute to 220 refugee families. "We are glad to give them vegetables that are important to them," says Paw Moo, one Share a Share farmer.

"It's been so empowering to grow these crops from my heritage," Wiser says, adding that her mother and grandparents gave up so many things, including foods they loved, when they moved to the U.S. In some small way, growing crops like Taiwanese cabbage and white bitter melon honors that loss. Perhaps, for all the families who cook from her boxes, it doesn't need to be a loss at all.

Scan with your phone's camera to get recipes for Asian produce.

SARAH DERAGON

DINNER TONIGHT

19 EASY HEALTHY RECIPES

Freekeh Nature

Orange-Mint Freekeh Salad with Lima Beans, next page

Photography by Jacob Fox

Styling by Greg Luna (food), Sue Mitchell & Scott Johnson (props)

Illustrations by Emma Dibben

Orange-Mint Freekeh Salad with Lima Beans

ACTIVE: 25 min **TOTAL:** 25 min

TO MAKE AHEAD: Refrigerate for up to 1 day.

This salad is loaded with colorful produce: fresh mint, snap peas, radishes and oranges. For pretty snap pea slices, cut them into long, thin strips. (Photo: page 27.)

- 2 cups water
- ¾ cup cracked freekeh *(see Tip)*
- ½ cup packed fresh mint leaves, plus more for garnish
- ½ cup orange juice
- 3 tablespoons lemon juice
- 1 small clove garlic, grated
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ¼ cup extra-virgin olive oil
- 1 cup thinly sliced fennel (½ large bulb)
- 1 cup sugar snap peas, trimmed and thinly sliced
- 1 cup thinly sliced radishes
- 2 medium oranges, peeled and segmented
- 2 cups frozen baby lima beans, thawed

1. Combine water and freekeh in a medium saucepan and bring to a boil over high heat. Cover, reduce heat to maintain a simmer and cook until the liquid is absorbed, 12 to 15 minutes. Remove from heat and let stand, covered, for 5 minutes. Drain any remaining liquid. Spread the freekeh out on a rimmed baking sheet to cool.

2. Meanwhile, combine mint, orange juice, lemon juice, garlic, salt and pepper in a large bowl. Whisk in oil and transfer ¼ cup of the dressing to a medium bowl. Add fennel, snap peas, radishes and oranges to the medium bowl and toss to combine.

3. Add the freekeh and lima beans to the remaining dressing in the large bowl and toss to combine. Serve the fennel mixture over the freekeh mixture. Garnish with more mint, if desired.

SERVES 4: 1½ cups each

Cal 389 **Fat** 15g (sat 2g) **Chol** 0mg **Carbs** 55g **Total sugars** 12g (added 0g) **Protein** 12g **Fiber** 11g **Sodium** 339mg **Potassium** 867mg.

LET'S GET FREEKEH

Made from a variety of young wheat, this hearty grain is named for the way it's processed. *Freekeh* is derived from the Arabic word meaning "to rub," referring to the way roasted freekeh's outer casing is removed. Sometimes it's then cracked, making the freekeh quicker-cooking. Look for it near other grains in well-stocked grocery stores.

RECIPE BY LAURA KANYA

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Scan with your phone's camera to learn how to butterfly chicken breasts.

Prosciutto & Fontina Stuffed Chicken with Spring Vegetables

ACTIVE: 30 min **TOTAL:** 35 min

Layering fontina and prosciutto on top of butterflied chicken breasts then folding them closed gives you gooey cheesiness in every bite. A little half-and-half stirred into this one-pan dish at the end of cooking creates a creamy sauce to coat the chicken and veggies. Serve with rice and a glass of chardonnay.

- **½ cup shredded fontina cheese**
- **¼ cup chopped prosciutto *or* ham**
- **1 teaspoon chopped fresh tarragon, plus more for garnish**
- **2 boneless, skinless chicken breasts (about 1 pound total)**
- **¼ teaspoon salt, divided**
- **¼ teaspoon ground pepper, divided**
- **1 tablespoon plus 1 teaspoon cornstarch, divided**
- **2 tablespoons extra-virgin olive oil**
- **1 cup low-sodium chicken broth**
- **1 pound asparagus, trimmed and cut into 2-inch pieces**
- **½ cup peas**
- **2 spring onions *or* scallions, sliced**
- **¼ cup half-and-half**

1. Mix cheese, prosciutto (or ham) and tarragon in a small bowl.

2. To stuff chicken breasts, cut a horizontal slit along the thin, long edge, nearly through to the opposite side. Open up each breast and place half the filling in the center. Close the breast over the filling, pressing the edges firmly together to seal. Sprinkle the chicken with ⅛ teaspoon each salt and pepper, then lightly coat with 1 tablespoon cornstarch, shaking off any excess.

3. Heat oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until browned, about 6 minutes total. Add broth, reduce heat to maintain a simmer, cover and cook, flipping once halfway through, until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, about 12 minutes. Transfer the chicken to a plate and cover to keep warm.

4. Add asparagus, peas, spring onions (or scallions) and the remaining ⅛ teaspoon each salt and pepper to the pan. Return to a simmer and cook, stirring occasionally, until the asparagus is bright green and just tender and the liquid reduces slightly, about 4 minutes.

5. Whisk half-and-half and the remaining 1 teaspoon cornstarch in a small bowl. Add to the pan and cook, stirring gently, until the sauce is thickened, about 1 minute. Return the chicken to the pan and turn to coat with the sauce. Slice the chicken and serve with the vegetables and sauce, garnished with more tarragon, if desired.

SERVES 4: ½ stuffed chicken breast & ½ cup vegetables each

Cal 340 **Fat** 17g (sat 6g) **Chol** 110mg **Carbs** 11g **Total sugars** 4g (added 0g) **Protein** 36g **Fiber** 3g **Sodium** 669mg **Potassium** 737mg.

RECIPE BY BREANA LAI KILLEEN

Roasted Tofu & Broccoli with Peanut-Curry Sauce

ACTIVE: 20 min **TOTAL:** 45 min

Pressing the tofu before roasting rids it of some excess moisture for crispy results. If you have the time, let it sit for more than 10 minutes—the longer it's pressed, the better!

- **1 14- to 16-ounce block extra-firm tofu, drained**
- **⅓ cup smooth natural peanut butter**
- **⅓ cup light coconut milk**
- **1 tablespoon reduced-sodium tamari *or* soy sauce**
- **1 tablespoon pure maple syrup**
- **1 tablespoon rice vinegar**
- **1 teaspoon red curry paste**
- **6 cups broccoli florets**
- **2 tablespoons toasted sesame oil, divided**
- **Sliced scallions for garnish**

1. Position racks in upper and lower thirds of oven. Place 2 rimmed baking sheets in the oven; preheat to 450°F.

2. Cut tofu into ½- to ¾-inch cubes. Arrange in a single layer on a clean kitchen towel, place another towel over it and weight it down with a plate or baking sheet and a large can on top for 10 minutes.

3. Meanwhile, whisk peanut butter, coconut milk, tamari (or soy sauce), maple syrup, vinegar and curry paste in a small bowl.

4. Toss broccoli with 1 tablespoon sesame oil in a medium bowl and arrange in a single layer on one of the baking sheets. Brush the remaining 1 tablespoon sesame oil on the tofu, then arrange in a single layer on the other baking sheet. Return both pans to the oven.

5. Roast, rotating the pans from top to bottom and front to back halfway through, until the tofu and broccoli are crispy, about 20 minutes. Serve the tofu and broccoli with the peanut sauce and garnish with scallions, if desired.

SERVES 4: ½ cup tofu, 1 cup broccoli & 3 Tbsp. sauce each

Cal 345 **Fat** 24g (sat 5g) **Chol** 0mg **Carbs** 17g **Total sugars** 7g (added 4g) **Protein** 18g **Fiber** 5g **Sodium** 325mg **Potassium** 475mg.

RECIPE BY ADAM DOLGE

COZI

Get *EatingWell* recipes on the go, plan meals and track the grocery list with Cozi, the meal-planning and organizing app for families—download it free in the app store.

RAD BENEFITS

A recent study found that radishes may help decrease the risk of type 2 diabetes. Researchers cite the brassica's high content of disease-fighting compounds including phenols and flavonoids, which have been shown to decrease blood sugar.

Roasted Chicken Thighs & Radishes with Lemon Crème Fraîche

ACTIVE: 15 min **TOTAL:** 45 min

Roasting radishes helps mellow out their spiciness. We reduce food waste by using their tops, too—they add color and a slightly bitter bite. If your radishes come without tops, sub in another dark leafy green, such as chopped kale.

- **4 bone-in, skin-on chicken thighs (about 1¾ pounds), trimmed**
- **2 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon garlic powder**
- **½ teaspoon onion powder**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **5 cups radishes, chopped if large, plus 6 cups radish greens (about 3 bunches), divided**
- **1 small red onion, cut into ¼-inch wedges**
- **½ cup crème fraîche**
- **2 teaspoons Dijon mustard**
- **1 teaspoon grated lemon zest**
- **1 teaspoon lemon juice**
- **1 tablespoon finely chopped fresh chives**

1. Preheat oven to 450°F.

2. Brush both sides of chicken with 1 tablespoon oil and sprinkle with garlic powder, onion powder and ¼ teaspoon each salt and pepper. Toss radishes and onion with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper in a medium bowl. Arrange the chicken and vegetables in a single layer on a rimmed baking sheet.

3. Roast for 20 minutes. Add radish greens and continue roasting until an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers 165°F, about 10 minutes more.

4. Meanwhile, whisk crème fraîche, mustard, lemon zest, lemon juice and chives in a small bowl. Serve the chicken and vegetables with the sauce.

SERVES 4: 1 thigh, generous 1 cup vegetables & 2 Tbsp. sauce each

Cal 438 **Fat** 27g (sat 11g) **Chol** 167mg **Carbs** 16g **Total sugars** 5g (added 0g) **Protein** 31g **Fiber** 6g **Sodium** 606mg **Potassium** 1,002mg.

RECIPE BY LAURA KANY

Garlic-Anchovy Pasta with Broccolini

ACTIVE: 25 min **TOTAL:** 25 min

Here, we sprinkle the final pasta dish with crumbled goat cheese for nice tangy bites throughout. But if you prefer a creamy sauce, stir the cheese into the pasta in Step 3 along with the reserved cooking water.

- **2 tablespoons extra-virgin olive oil**
- **6 anchovy fillets *(see Tip)***
- **4 cloves garlic, thinly sliced**
- **Pinch of crushed red pepper**
- **1 5-ounce package baby spinach**
- **8 ounces whole-wheat angel hair pasta**
- **2 bunches broccolini *or* 1 bunch broccoli rabe, trimmed and coarsely chopped**
- **¼ cup chopped fresh parsley**
- **¼ teaspoon salt**
- **½ cup chopped almonds, toasted**
- **4 ounces goat cheese, crumbled**
- **Grated lemon zest for garnish**

1. Put a large pot of water on to boil.

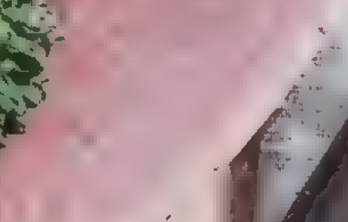
2. Meanwhile, heat oil in a large skillet over medium heat. Add anchovies, garlic and crushed red pepper; cook, pressing the anchovies with the back of a wooden spoon to break them up, until fragrant, about 2 minutes. Add spinach in 2 batches and cook, stirring occasionally, until just wilted, about 1 minute. Remove from heat and cover to keep warm.

3. Add pasta and broccolini (or broccoli rabe) to the boiling water and cook until just tender, 3 to 5 minutes. Reserve 1 cup of the cooking water. Drain and transfer the pasta and vegetables to the skillet; toss to combine, adding enough of the reserved water to achieve desired consistency. Toss with parsley and salt and serve topped with almonds and goat cheese. Garnish with lemon zest, if desired.

SERVES 4: 1⅔ cups each

Cal 457 **Fat** 21g (sat 6g) **Chol** 18mg **Carbs** 51g **Total sugars** 4g (added 0g) **Protein** 21g **Fiber** 8g **Sodium** 548mg **Potassium** 607mg.

RECIPE BY ADAM DOLGE



GONE FISHING

The little fish that goes a long way, anchovies pack tons of umami flavor into this pasta. Look for packages sporting the blue Marine Stewardship Council certification label for the most sustainable option.

Tinga Time

Make a big pot of this saucy, smoky chicken to tuck into tortillas and then use up the leftovers in these delicious dinner ideas.

Chicken Tinga

ACTIVE: 20 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate for up to 4 days.

Originating from Puebla, Mexico, this dish yields tender chicken with a kick thanks to a rich tomato-chipotle sauce.

- **2 tablespoons canola *or* avocado oil**
- **1 large white onion, thinly sliced**
- **4 cloves garlic, minced**
- **¼ cup chopped canned chipotles in adobo**
- **1 teaspoon dried oregano**
- **1 teaspoon salt**
- **1 28-ounce can no-salt-added diced tomatoes**
- **2 pounds boneless, skinless chicken thighs, trimmed**

1. Heat oil in a large pot over medium-high heat. Add onion and cook, stirring occasionally, until softened, about 5 minutes. Add garlic, chipotles, oregano and salt and cook, stirring, until fragrant, about 1 minute. Add tomatoes and their juice and chicken; bring to a simmer. Adjust heat to maintain a simmer and cook, stirring occasionally, until an instant-read thermometer inserted in the thickest part of a thigh registers 165°F, 20 to 25 minutes.

2. Transfer the chicken to a cutting board and shred using two forks. Stir the shredded chicken back into the sauce.

SERVES 8: ¾ cup each

Cal 206 **Fat** 8g (sat 2g) **Chol** 107mg **Carbs** 8g **Total sugars** 4g (added 0g) **Protein** 24g **Fiber** 2g **Sodium** 459mg **Potassium** 309mg.

RECIPES BY DEVON O'BRIEN

1 Baked Pasta
Cook 8 oz. **whole-wheat penne pasta** according to package directions; drain. Meanwhile, bring 3 cups **Chicken Tinga** to a simmer in a large ovenproof skillet. Stir in the cooked pasta and top with 1 cup shredded **Monterey Jack cheese.** Broil until the cheese is melted, about 2 minutes. Garnish with sliced scallions, if desired.
SERVES 4.

2 Rice Bowls
Divide one heated 8-oz. package **cooked cilantro-lime rice,** one 15-oz. can **pinto beans** (rinsed and heated), 2 sautéed sliced medium **bell peppers** and 3 cups heated **Chicken Tinga** among 4 bowls and top with 1 sliced **avocado.** Serve with **lime wedges.**
SERVES 4.

3 Tostadas
Arrange 8 **corn tortillas** on a baking sheet and coat with cooking spray. Bake at 350°F, flipping once, until crispy, about 12 minutes. Warm one 15-oz. can low-sodium **refried beans;** divide among the tortillas, then top each with ⅓ cup warmed **Chicken Tinga** and 1 Tbsp. each crumbled **cotija cheese** and chopped **fresh cilantro.**
SERVES 4.

NUTRITION INFO: PAGE 105.

Pressure Cooker "Corned" Beef & Cabbage

ACTIVE: 30 min **TOTAL:** 2 hrs
TO MAKE AHEAD: Refrigerate beef (Step 1) for up to 1 day.
EQUIPMENT: Electric pressure cooker
Corned beef is brisket that has been pickled in spices for days. You can buy it ready-to-cook or corn your own at home, but both are serious sodium bombs. Here, we start with a plain brisket and add the seasonings to control the salt level. Plus, preparing it in an electric pressure cooker allows you to make the brisket faster than in the oven.

- **2½ pounds flat-cut brisket, trimmed**
- **2 tablespoons pickling spice, ground *(see Tip)***
- **1 teaspoon kosher salt, divided**
- **2 tablespoons extra-virgin olive oil**
- **2 cups low-sodium beef broth**
- **1 medium onion, chopped**
- **2 pounds carrots, halved crosswise**
- **1 small head green cabbage (2 pounds), cut into 8 wedges**

1. Rub brisket with pickling spice and ½ teaspoon salt.
2. Heat oil in an electric pressure cooker on Sauté mode. Cook, turning once, until browned on both sides, about 6 minutes total.
3. Add broth and onion to the cooker. Close and lock the lid; cook on high pressure for 40 minutes. Let the pressure release naturally.
4. Transfer the brisket to a clean cutting board and tent with foil, leaving the onion and liquid in the cooker. Turn to Sauté mode and add carrots, cabbage and the remaining ½ teaspoon salt. Cook, stirring occasionally, until the vegetables are tender and the liquid is reduced by half, about 20 minutes.
5. Slice the meat and serve with the vegetables and drizzled with the liquid.
SERVES 8: 3 oz. beef & 1⅔ cups vegetables each
Cal 295 **Fat** 10g (sat 3g) **Chol** 89mg **Carbs** 19g **Total sugars** 10g (added 0g) **Protein** 32g **Fiber** 6g **Sodium** 418mg **Potassium** 809mg.

IN A PICKLE

All those classic flavors you think of when dreaming about corned beef are thanks to pickling spice: a heady combination that includes cinnamon, peppercorns, mustard seeds, bay leaves, coriander seeds and allspice. Crush it in a spice grinder or with a mortar and pestle to turn it into a powder to coat the brisket.

JENNIFER CAUSEY; STYLING: CHELSEA ZIMMER (FOOD), AUDREY DAVIS (PROPS). RECIPE BY DEVON O'BRIEN

Spicy Coriander-Cumin Chicken Thighs

ACTIVE: 20 min **TOTAL:** 20 min
EQUIPMENT: Spice grinder or mortar & pestle

Toasting whole ancho chile pieces with coriander, cumin and fennel seeds before grinding with a little lime zest makes a fragrant and flavorful spice blend for the chicken here.

- **½ ounce dried ancho chiles (about 1½ peppers)**
- **1 teaspoon coriander seeds**
- **1 teaspoon cumin seeds**
- **¾ teaspoon fennel seeds**
- **¾ teaspoon whole black peppercorns**
- **1½ tablespoons grated lime zest**
- **¼ teaspoon salt**
- **1 pound boneless, skinless chicken thighs, trimmed**
- **2 tablespoons extra-virgin olive oil**

1. Stem, seed and chop chiles. Transfer the peppers to a large cast-iron skillet with coriander, cumin, fennel seeds and peppercorns and cook over medium-high heat, shaking frequently so they don't burn, until fragrant, about 4 minutes. Transfer to a spice grinder or mortar and pestle. Add lime zest and salt, then grind into a coarse powder. Rub the spice mixture on chicken.

2. Heat oil in the pan over medium-high heat until shimmering. Add the chicken and cook, flipping once, until an instant-read thermometer inserted in the thickest part registers 165°F, about 8 minutes.

SERVES 4: 3 oz. each
Cal 212 **Fat** 12g (sat 2g) **Chol** 107mg **Carbs** 2g **Total sugars** 0g (added 0g) **Protein** 23g **Fiber** 1g **Sodium** 255mg **Potassium** 347mg.

HEAT HEALTHY

Spicing it up can have heart benefits. A 2021 study found that people who regularly consumed chile peppers had a 26% lower risk of death from cardiovascular disease compared to those who never or rarely eat them.

RECIPE BY LAURA KANYA

Gochujang-Glazed Salmon with Garlic Spinach

ACTIVE: 20 min **TOTAL:** 20 min

Gochujang, a Korean red chile paste, and honey give this salmon a little bit of sweetness and a whole lot of spice.

- **2 tablespoons gochujang**
- **1 tablespoon mirin**
- **2 tablespoons reduced-sodium tamari, divided**
- **1 tablespoon honey**
- **1½ teaspoons toasted sesame oil, divided**
- **4 cloves garlic, grated, divided**
- **2 teaspoons grated fresh ginger**
- **1¼ pounds salmon, preferably wild-caught, cut into 4 portions**
- **8 cups baby spinach**
- **Sesame seeds & sliced scallions for garnish**

1. Position a rack in upper third of oven; preheat broiler to high. Line a baking sheet with foil and coat with cooking spray.

2. Whisk gochujang, mirin, 1 tablespoon tamari, honey, ½ teaspoon sesame oil, ¼ of the garlic and ginger in a small bowl. Pat salmon dry and place skin-side down on the prepared pan. Brush the salmon with the glaze. Broil until the salmon is just cooked through, 5 to 8 minutes, depending on thickness.

3. Meanwhile, heat the remaining 1 teaspoon sesame oil in a large skillet over medium-low heat. Add the remaining 3 cloves garlic and cook, stirring, until fragrant and just starting to brown, about 3 minutes. Add spinach and cook, stirring, until wilted and the pan is dry, about 3 minutes. Remove from heat and stir in the remaining 1 tablespoon tamari.

4. Serve the salmon over the spinach.

SERVES 4: 4 oz. salmon & ¾ cup spinach each
Cal 282 **Fat** 11g (sat 2g) **Chol** 78mg **Carbs** 13g **Total sugars** 8g (added 4g) **Protein** 30g **Fiber** 1g **Sodium** 510mg **Potassium** 713mg.

RECIPE BY LAURA KANYA

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Ingredients

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- 4 shrimp U-15, peeled, deveined and cut into ½ inch rounds
- 1½ tsp. GOYA® Minced Garlic
- 1 bunch green onions, sliced
- ¼ tsp. ginger, chopped
- 4 eggs, large
- ½ cup GOYA® Frozen Peas
- 2 tbsp. soy sauce
- 1 tsp. sesame oil

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Get the Green

Spinach may not give you pure Popeye muscles, but it is delicious and packed with nutrients like iron. Put the tender leafy green to use in these tasty sides. Tip: For an easy timesaver, use bags of prewashed spinach.

Sesame-Garlic Spinach Salad

ACTIVE: 15 min **TOTAL:** 15 min

The magic of this dish is the warm, garlic-infused dressing, which makes the spinach, carrots, radishes and scallions slightly tender and helps them absorb a bit of the dressing.

Heat 2 Tbsp. **toasted sesame oil** in a medium skillet over medium-low heat. Add 2 minced **garlic cloves** and cook, stirring, until fragrant, about 2 minutes. Whisk in 2 Tbsp. **rice vinegar** and 1 Tbsp. **reduced-sodium tamari (or soy sauce)**. Transfer the dressing to a large bowl and add 5 ounces **spinach,** 1 cup each grated **carrots** and sliced **radishes,** ½ cup thinly sliced **scallions** and ¼ cup **sesame seeds.** Toss to combine.

SERVES 4: 1½ cups each

Cal 157 **Fat** 11g (sat 2g) **Chol** 0mg **Carbs** 11g **Total sugars** 5g (added 0g) **Protein** 4g **Fiber** 4g **Sodium** 356mg **Potassium** 245mg.

Sautéed Spinach with Coriander Chutney

ACTIVE: 15 min **TOTAL:** 15 min

This side was inspired by Indian palak chaat. Look for coriander (or cilantro) chutney in the international aisle of well-stocked grocery stores.

Combine ¼ cup **whole-milk plain yogurt** and 1 tsp. **lemon juice** in a small bowl and set aside. Heat 2 Tbsp. **extra-virgin olive oil** in a large skillet over medium-high heat. Add 1 lb. **spinach,** in batches, and cook, stirring, until just wilted, 2 to 4 minutes. Remove from heat and stir in ½ tsp. each **ground coriander** and **ground cumin.** Serve the spinach topped with the yogurt sauce and ¼ cup each **coriander chutney** and finely chopped **red onion.** Garnish with **fresh cilantro,** if desired.

SERVES 4: ½ cup each

Cal 135 **Fat** 9g (sat 3g) **Chol** 2mg **Carbs** 9g **Total sugars** 4g (added 0g) **Protein** 3g **Fiber** 4g **Sodium** 290mg **Potassium** 40mg.

Parmesan Creamed Spinach

ACTIVE: 10 min **TOTAL:** 10 min

This crowd-pleaser is reminiscent of the creamed spinach you'd get at an old-school steakhouse but saves you about 70 calories, 8 grams of saturated fat and up to 1,000 milligrams sodium over restaurant versions.

Heat 1 Tbsp. **extra-virgin olive oil** in a large pot over medium-high heat. Add 1 minced medium **shallot** and cook, stirring occasionally, until soft, about 1 minute. Add 1 lb. **spinach,** in batches, and cook, stirring, until wilted, 2 to 4 minutes. Continue cooking, pressing the spinach against the sides to release as much water as possible, until most of the water evaporates, 2 to 3 minutes more. Remove from heat and stir in 4 oz. **reduced-fat cream cheese,** ¾ cup grated **Parmesan cheese** and ¼ tsp. **ground pepper.** Return the pot to low heat and cook, stirring frequently, until the cheese melts, about 1 minute.

SERVES 4: ½ cup each

Cal 167 **Fat** 11g (sat 5g) **Chol** 24mg **Carbs** 10g **Total sugars** 2g (added 0g) **Protein** 8g **Fiber** 3g **Sodium** 382mg **Potassium** 124mg.

RECIPES BY ADAM DOLGE

Crispy Portobellos with Marsala Sauce

ACTIVE: 40 min **TOTAL:** 40 min

The sweetness of Marsala wine pairs nicely with earthy portobello mushrooms, but dry sherry and port are good substitutes. Serve over whole-wheat pasta or mashed potatoes, with a salad.

- ¼ cup all-purpose flour
- 2 large eggs
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- ½ cup panko breadcrumbs
- ½ cup grated Parmesan cheese
- 4 portobello mushrooms (about 14 ounces total), stems and gills removed
- 4 tablespoons extra-virgin olive oil, divided
- 2 cups sliced shallots
- 1 teaspoon chopped fresh thyme, plus more for garnish
- ½ cup low-sodium no-chicken broth
- ½ cup dry Marsala wine
- ¼ cup sour cream
- Chopped fresh parsley for garnish

1. Place flour in a shallow dish. Lightly beat eggs and ¼ teaspoon each salt and pepper in another shallow dish. Combine breadcrumbs and Parmesan in a third shallow dish. Coat each mushroom cap in the flour, shaking off any excess. Dip in the egg and let any excess drip off. Then coat in the breadcrumb mixture.

2. Heat 3 tablespoons oil in a large nonstick skillet over medium-high heat. Working in batches if necessary, add the mushrooms and cook until lightly browned, 2 to 3 minutes per side. Transfer to a plate and cover to keep warm.

3. Add the remaining 1 tablespoon oil, shallots, thyme and the remaining ¼ teaspoon each salt and pepper to the pan; cook, stirring occasionally, until browned, 2 to 3 minutes. Stir in broth and Marsala, scraping up any browned bits. Reduce heat to medium and simmer until slightly reduced, about 2 minutes. Remove from heat and stir in sour cream.

4. Serve the mushrooms topped with the sauce and garnished with parsley, if desired.

SERVES 4: 1 mushroom cap & ⅓ cup sauce each
Cal 389 **Fat** 21g (sat 5g) **Chol** 62mg **Carbs** 34g **Total sugars** 12g (added 0g) **Protein** 11g **Fiber** 4g **Sodium** 480mg **Potassium** 716mg.

RECIPE BY BREANA LAI KILLEEN

Smoky Collards & Shrimp with Cheesy Grits

ACTIVE: 45 min **TOTAL:** 45 min

- 3 cups water
- ¾ cup whole milk
- ¾ cup grits *or* polenta
- ⅓ cup grated Parmesan cheese
- ¾ teaspoon kosher salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons extra-virgin olive oil, divided
- 1 large onion, chopped
- 3 cloves garlic, sliced
- 1 14-ounce can no-salt-added fire-roasted diced tomatoes
- 3 teaspoons smoked paprika, divided
- 2 pounds collards, stemmed and thinly sliced
- 1 pound raw shrimp (31-35 count), peeled and deveined

1. Combine water and milk in a large saucepan; bring to a boil. Whisk in grits (or polenta) until smooth. Cover and reduce heat to low. Cook, whisking occasionally, until creamy and thickened, about 25 minutes. Remove from heat.

2. KIDS DO Stir in Parmesan, ½ teaspoon salt and ¼ teaspoon pepper. Cover and set aside.

3. Meanwhile, heat 1 tablespoon oil in a large high-sided skillet or large pot over medium heat. Add onion and cook, stirring occasionally, until soft, about 3 minutes. Add garlic and cook for 1 minute. Stir in tomatoes, 2 teaspoons paprika and the remaining ¼ teaspoon each salt and pepper. Add collards by the handful, letting them wilt slightly after each addition. Continue to cook, stirring frequently, until the collards are tender and beginning to darken, about 10 minutes. Transfer to a bowl and cover to keep warm.

4. Add the remaining 1 tablespoon oil to the pan and increase heat to medium-high. Toss shrimp with the remaining 1 teaspoon paprika in a medium bowl. Add the shrimp to the pan and cook, stirring occasionally, until they turn pink, 3 to 4 minutes.

5. Serve the shrimp and collards with the grits.

SERVES 4: 3 oz. shrimp, 1 cup grits & 1 cup greens each

Cal 443 **Fat** 13g (sat 3g) **Chol** 192mg **Carbs** 47g **Total sugars** 7g (added 0g) **Protein** 38g **Fiber** 12g **Sodium** 693mg **Potassium** 960mg.

Prep Rally

This comfort dish is speedier to make if everyone lends a hand. Put kids in charge of peeling and cleaning the shrimp—here's how. **By Joy Howard**

Peel Away

For easy peeling, simply hold onto the legs and pull the shells from the shrimp and discard (or save for stock!).

Clean Machine

Kids comfortable with a paring knife can use it to cut a slit along the back of the shrimp, then pull out the vein with the tip of the knife.

Tail Me About It

Tails on or off is a personal choice—you can leave it intact or remove it by gently pinching and pulling it off.

JOY SAYS

Be sure to slice the collards extra thin; it will help expedite the cooking process and produce the most tender greens.

INSET: JOE ST PIERRE

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IN MINUTES

Irish chef and TV personality Clodagh McKenna's new book is all about getting dinner on the table fast! Broken into chapters for 10, 20 and 30 minutes, there's an easy weeknight meal—like this quick seafood skillet—for however much time you have.

One & Yum Squid

ACTIVE: 30 min **TOTAL:** 30 min

When cooking squid, the golden rule is to cook it fast (like the method used here) or cook it slow. Otherwise, it can turn out too chewy. Paired with spicy chorizo, earthy chickpeas, peppery kale and crunchy almonds, this dish feels like an instant taste-escape to Spain.

- **3 tablespoons extra-virgin olive oil**
- **6 ounces Spanish-style chorizo *(see Tip)*, sliced**
- **3 cloves garlic, crushed and peeled**
- **½ teaspoon crushed red pepper**
- **18 ounces squid, cleaned and cut into ½-inch rings, tentacles halved**
- **2 15-ounce cans chickpeas, rinsed**
- **4 cups coarsely chopped stemmed kale**
- **⅓ cup sliced almonds, toasted**
- **Chopped fresh parsley for garnish**

Heat oil in a large skillet over medium heat. Add chorizo and cook, stirring once, for 2 minutes. Stir in garlic and crushed red pepper; cook, stirring, for 30 seconds. Add squid and cook, stirring, for 1 minute. Add chickpeas and kale; cook, stirring often, until the squid is cooked through and the kale has wilted, 5 to 7 minutes. Serve sprinkled with almonds. Garnish with parsley, if desired.

SERVES 6: 1 cup each
Cal 380 **Fat** 18g (sat 4g) **Chol** 221mg **Carbs** 26g **Total sugars** 2g (added 0g) **Protein** 27g **Fiber** 6g **Sodium** 466mg **Potassium** 555mg.

TIP: Spanish-style chorizo is a fully cooked seasoned smoked pork sausage. Find it near other cured sausages in well-stocked supermarkets, specialty food stores or online.

Mango Yogurt Tart

ACTIVE: 25 min **TOTAL:** 2¼ hrs
EQUIPMENT: 10-inch removable-bottom tart pan
TO MAKE AHEAD: Prepare tart (Steps 1-4) and refrigerate for up to 3 days.
This pretty tart (also shown on page 2) combines sweet, juicy mangoes with a creamy, tangy yogurt filling that's reminiscent of cheesecake.

CRUST

- ½ cup pecans, toasted
- 1½ cups graham cracker crumbs
- ⅛ teaspoon salt
- 1 large egg white
- 1 tablespoon melted butter
- 1 tablespoon canola oil

FILLING

- 1 cup granulated sugar
- ⅓ cup all-purpose flour
- 3 large eggs
- 1⅔ cups whole-milk plain Greek yogurt
- 1½ teaspoons vanilla extract
- ¾ teaspoon ground cardamom
- 2 large ripe mangoes, peeled and thinly sliced

1. Preheat oven to 350°F. Place a 10-inch removable-bottom tart pan on top of a baking sheet. Coat the tart pan with cooking spray.
2. To prepare crust: Pulse pecans in a food processor until finely ground. Add graham cracker crumbs and salt and pulse until combined. With the motor running, drizzle in egg white, butter and oil; blend until the mixture looks like crumbly dough. Transfer to the prepared tart pan and press evenly and firmly into the bottom and almost all the way up the sides. Bake the crust until set but not browned, about 15 minutes. Let cool for 20 minutes.
3. Meanwhile, prepare filling: Whisk sugar and flour in a large bowl. Add eggs, yogurt, vanilla and cardamom; whisk until smooth. Pour the filling into the cooled crust.
4. Bake the tart until set in the center, 25 to 30 minutes. Cool for 10 minutes before removing pan sides, then refrigerate until cool, at least 1 hour or up to 3 days.
5. Serve the tart topped with mango.
SERVES 16: 1 slice each
Cal 201 **Fat** 7g (sat 2g) **Chol** 40mg **Carbs** 30g **Total sugars** 22g (added 13g) **Protein** 5g **Fiber** 1g **Sodium** 88mg **Potassium** 158mg.

RECIPE BY LAURA KANYA

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Pour It On

We vetted more than 30 kinds of ranch dressing and are happy to report: you have options. Turn for our shopping tips and top picks.

Photography by Johnny Autry
Styling by Charlotte Autry

Ranch Round-Up

A please-everyone salad topper, a dip for your pizza crust or a gateway to getting your kids to eat their veggies—however you ranch, you're not alone. It's the nation's most popular salad dressing and condiment, even outselling ketchup. Here's what we looked for on the labels and our favorite bottles to buy. **By Joyce Hendley, M.S.**

Numbers to Look For
Calories ≤ 150
Sodium ≤ 260
(per 2-Tbsp. serving)

Steer Away from Salty. Like all processed foods, these dressings can be fairly high in sodium. Luckily, there are many herbs and spices in ranch recipes that create excitement, so there's no need to sacrifice flavor. We found plenty of options that keep sodium to 260 mg or less per 2-tablespoon serving.

Be Wary of "Light." Some ranches can have upward of 180 calories per serving. Our picks capped calories at 150 for a healthy balance of nutrients and calories. Going with a light version can cut calories by as much as half, but they tend to have more sodium and sugar. And steer clear of the "fat-free" kind since a little fat helps your body absorb the fat-soluble vitamins in your vegetables.

Keep It Simple and Chill. Some brands (especially shelf-stable ones) contained north of 20 ingredients, including stabilizers and preservatives—something to keep in mind if you are trying to avoid additives. While we didn't find any red-flag chemicals across the category, we did prefer the fresher flavor of refrigerated ranches.

Follow Your Heart Ranch Dressing
130 cal, 125mg sodium
This plant-based pick starts with the brand's Vegenaise to achieve that signature ranch creaminess without any eggs or dairy. Cider vinegar provides a slightly sweet tang.

Marzetti Simply 60 Buttermilk Ranch Dressing
60 cal, 220mg sodium
Marzetti's light version is our favorite in the low-cal category. Unlike others in its class, it isn't overly sweet, salty or gloppy. It's nicely balanced with less than half the calories of the original.

Marzetti Classic Ranch Dressing
150 cal, 200mg sodium
The thickest on the list, we love that this ranch is great for dipping while still being drizzleable enough for salad. The prominent garlic flavor also makes it a standout.

Litehouse Homestyle Ranch Dressing & Dip
120 cal, 230mg sodium
Bits of garlic and onion sprinkled throughout this dressing add nice pops of flavors while sour cream and buttermilk team up as a pleasantly tart base.

Hidden Valley Original Ranch Topping & Dressing
130 cal, 260mg sodium
Of all the shelf-stable bottles we tried (and believe us, there were a lot), this has the freshest taste. Plus, you just can't beat the nostalgic taste of the buttermilk and herb combo.

These Snacks Are Bananas

Tasty, satisfying and easy to pack, there's no questioning why it's America's top-selling fruit. Here are 5 ways to make a good thing even better.

By Sara Haas, RD

Banana Carrot Smoothie
238 cal
Soak 1 Medjool date in 2 Tbsp. hot water for 5 minutes. Combine in a blender with 1 banana, ½ cup each low-fat plain kefir, shredded carrots and ice cubes, and a pinch of ground ginger. Blend until smooth.

Banana Tahini Toast
286 cal
Spread 1 Tbsp. tahini on 1 slice whole-wheat toast. Top with 1 sliced banana, drizzle with 1 tsp. honey and sprinkle with a pinch of flaky sea salt.

Banana Chia Pudding
274 cal
Mash 1 banana in a small bowl. Whisk in ½ cup unsweetened plain almond milk, 2 Tbsp. chia seeds and 2 tsp. pure maple syrup. Refrigerate for at least 1 hour and up to 3 days. Stir and top with 1 crumbled vanilla wafer cookie.

Banana Nice Cream Sundae
314 cal
Puree 1 cup frozen sliced banana (about 1 large banana) in a food processor until smooth. Transfer to a small bowl and top with ¼ cup crushed pretzels, 1 Tbsp. unsalted roasted peanuts and 1 tsp. mini chocolate chips.

EACH SERVES 1.
FULL NUTRITION INFO: PAGE 105

Peanut Butter & Hemp Banana
229 cal
Spread 1 Tbsp. peanut butter over 1 banana and roll in 1 tsp. hemp hearts.

Scan with your phone's camera for 6 health benefits of bananas.

5 Ingredients, 5 Breakfasts

We're eternally on the hunt for breakfast ideas that are A) delicious and interesting and B) don't require a major shop. Our solution? These quick recipes made from one bag of groceries and a few extra ingredients from your pantry.

By Sara Haas, RD

SHOPPING LIST

Spinach (5-oz. package)
Eggs (1 dozen large)
Avocado (1 large)
Shredded Cheddar cheese (8-oz. package)
Corn tortillas (package of 8)

BREAKFASTS

❶ **Migas with Spinach** *(402 cal)*: Heat 1 tsp. olive oil in a medium nonstick pan. Add 1 chopped corn tortilla and cook, stirring once, until crispy, about 3 minutes. Add 2 cups spinach and cook, stirring, until wilted, about 1 minute. Lightly beat 2 eggs with a pinch each salt and pepper and add to the pan. Cook, stirring, until set, about 2 minutes. Stir in 2 Tbsp. shredded Cheddar. Serve topped with ¼ avocado (diced).

❷ **Instant Egg & Cheese "Bake"** *(279 cal)*: Place 1 cup chopped spinach in an 8-oz. ramekin coated with cooking spray. Microwave on High until wilted, about 30 seconds. Crack 2 eggs on top, drizzle with 1 tsp. milk and season with a pinch each salt and pepper. Sprinkle with 2 Tbsp. shredded Cheddar. Microwave until the eggs are set, about 2 minutes. Serve with a warmed tortilla.

❸ **Egg & Spinach Tacos** *(421 cal)*: Smash ¼ avocado with a pinch salt and 1 tsp. lime juice. Mix in 2 chopped hard-boiled eggs. Divide between 2 warmed tortillas and top each with ½ cup chopped spinach and 1 Tbsp. each shredded Cheddar and salsa.

❹ **Breakfast Spinach Salad** *(379 cal)*: Bake 1 corn tortilla at 400°F, flipping once, until crisp, about 8 minutes. Meanwhile, toss 3 cups spinach with 1 Tbsp. of your favorite vinaigrette. Top with 2 Tbsp. shredded Cheddar, 1 sliced hard-boiled egg and ¼ avocado (diced). Crumble the tortilla and sprinkle it on top of the salad.

❺ **Sunny-Side-Up Quesadilla** *(481 cal)*: Heat 1 tsp. olive oil in a small nonstick skillet over medium-high heat. Add 2 cups spinach and cook, stirring, until wilted, about 1 minute. Top 1 corn tortilla with 2 Tbsp. shredded Cheddar, the spinach and another 2 Tbsp. cheese. Cover with another corn tortilla. Heat another 1 tsp. oil in the pan over medium-high heat. Add the quesadilla and cook, flipping once, until crispy, about 4 minutes. Transfer to a plate. Crack 1 egg into the pan and cook until the white is set, about 4 minutes. Serve the quesadilla topped with the egg, ¼ avocado (sliced) and hot sauce.

EACH SERVES 1. FULL NUTRITION INFO: PAGE 105.

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The World in Your Freezer

When you need a fast dinner in a pinch, reach for one of these frozen entrees that offer up flavor inspirations from around the globe. **By Maxine Yeung, M.S., RD, NBC-HWC**

ITALIAN

Rao's Meat Lasagna
310 cal, 0g added sugar, 19g protein, 2g fiber, 620 mg sodium
If not for the cardboard tray, you might think this lasagna was homemade. We love that the pasta is al dente despite being covered in plenty of savory sauce.

INDIAN

Deep Indian Kitchen Spinach Chicken Tikka
350 cal, 0g added sugar, 27g protein, 2g fiber, 640mg sodium
Satisfy your tandoori cravings with this yogurt- and spice-marinated chicken. It's paired with a delicious spinach sauce and turmeric seasoned rice. Bonus: Each purchase helps support underprivileged kids' education in India.

MEXICAN

Tucson Tamale Green Chile & Cheese Tamales *(not shown)*
280 cal, 0g added sugar, 9g protein, 3g fiber, 410 mg sodium per tamale
You won't believe this perfectly tender tamale came from your microwave. The insides are filled with gooey cheese and just the right amount of heat from the green chiles.

CHINESE

Saffron Road Sweet & Sour Chicken with Jasmine Rice
340 cal, 7g added sugar, 16g protein, 1g fiber, 590mg sodium
This sweet and savory dish does not skimp on the pineapple and ginger-laced sauce! Plus, it's dotted with toothsome bites of chicken and peppers for a satisfying meal.

MOROCCAN

Global Village Foods Moroccan Inspired Lemon Chicken & Olives
420 cal, 0g added sugar, 27g protein, 5g fiber, 760mg sodium
Stuffed green olives add a nice briny bite to the lemony chicken. Millet gives a fiber punch to the rice medley here, seasoned with classic Moroccan spices like coriander, turmeric, cumin and paprika.

Scan with your phone's camera for essential frozen foods to keep on hand for 15-minute meals.

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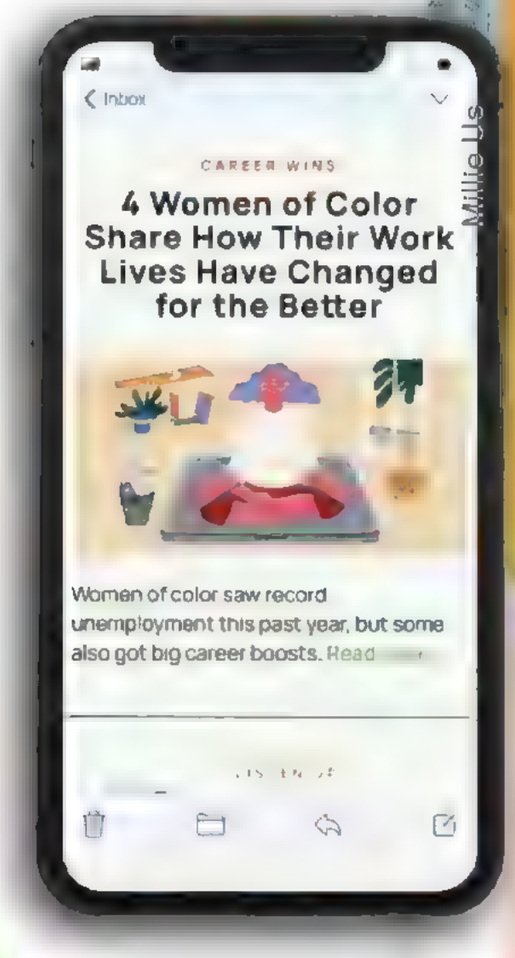
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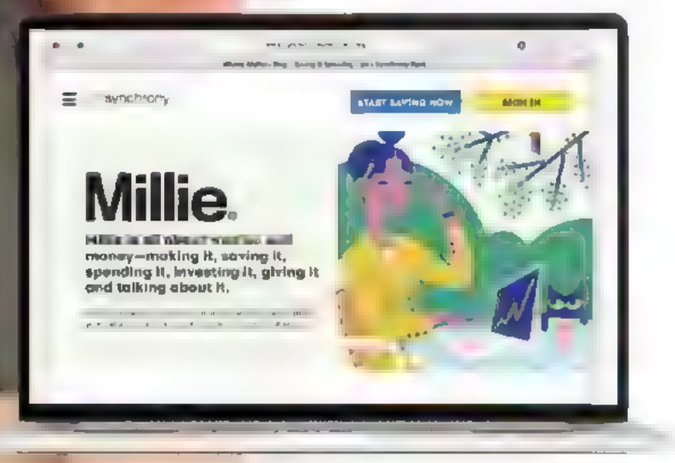

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RESERVATION:
Greenville
Location photography by Peter Frank Edwards Food photography by Greg DuPree

TUCKED INTO THE NORTHWESTERN PART OF SOUTH CAROLINA, this town is home to an almost embarrassing number of James Beard Award–nominated restaurants—many of which also happen to farm the food they serve. Join us for a culinary trip and get recipes for some of the farmstead dishes you'll find there. **By Betsy Andrews**

At left, a trout dish from Topsoil restaurant with local greens and herbs *(recipe, page 61)*. Above, chef David Porras of Oak Hill Café grabs a pint with co-owner Lori Nelsen at The Farmers Tap, the beer garden in the restaurant's backyard farm.

grew up in Greenville. If I told my mom I was going downtown, I'd have gotten grounded." On a morning last September, farmer Chad Bishop and chef Shawn Kelly were showing me around Greenbrier Farms, just outside of the city. We had visited with pigs rooting in a pasture, met the free-roaming cattle, seen the last of the shishitos and okra growing in the hoop house. Now Bishop was reminiscing about the South Carolina city of his youth, after the once-booming textile mills had moved overseas and Main Street was lined with run-down, empty storefronts. "It wasn't safe to go down there," he explained.

Not anymore. This once-depressed town in the shadow of the Blue Ridge Mountains has been renewed. I had come to Greenbrier following a stroll through Main Street's buzzing Saturday Market—local produce, flour, cheese and other offerings lining the thoroughfare as Greenville citizens promenaded, stopping for selfies in Falls Park, water splashing over the rocks of the Reedy River behind them. Both the park and market are destinations for urban professionals who've flocked here, attracted by the outdoorsy lifestyle, good jobs at companies like BMW and Michelin, and a burgeoning dining scene that capitalizes on the Carolina Piedmont's year-round agriculture.

One of Greenville County's 1,000 or so farms, Greenbrier is co-run by a guy who was once an urban professional himself, with a career in print marketing. "I was disenchanted with my corporate job," Bishop said. So he took over his aunt and uncle's farm and, with co-owner Roddy Pick, turned it into a profitable endeavor with a focus on earth-friendly, regenerative agriculture. Key to its viability are Kelly and the 4-year-old Greenville restaurant he and the farmers co-own, called Fork and Plough.

Greenbrier Farms' Roddy Pick *(above, left)* with his free-range Berkshire-Old Spot pigs. The farm includes a copious forest, where Pick and partner Chad Bishop forage mushrooms like maitakes for chef Shawn Kelly *(center)* at Fork and Plough.

Using the entirety of the animals he gets from Greenbrier, Kelly changes his menu daily. "There are 24 chops on one pig. Those can sell out in one dinner service," he told me. "So we start working through the hams and bellies, which we cure. The shoulders we smoke and pull." All of it is whipped up into delicious, inventive dishes along with produce from the farm.

I got a taste of Kelly's ingenuity during lunch at Fork and Plough, with a bacon-wrapped, smoked pork loin stuffed with housemade Italian sausage, on a bed of creamed corn. "It's great to have Shawn to work with," Bishop had told me, "because he's willing to take a whole animal or a whole crop." In fact, Greenville is home to a growing number of chefs who are into that level of farm-based cooking. As the city has shed its blight, proof of its grand reemergence are the restaurants—including three

> ***The servers have been wonderful about saying to diners, "Hey, the farm's out back. Go check it out."***
>
> **Haley Disinger, farmer for Oak Hill Café**

PAIR IT
Pour fruity Donnafugata Floramundi Cerasuolo di Vittoria 2018, Sicily ($33), with the **Mushroom & Carolina Gold Rice Stuffed Cabbage Rolls** *(p.62)*.

James Beard nominees—that boast bespoke organic farms where the bulk of their ingredients are grown and raised.

I pedaled a rental bike down the 22-mile Swamp Rabbit Trail, built on an old railbed, to meet 2020 James Beard semifinalist Adam Cooke on the ⅓-acre of farmland that supplies his restaurant, Topsoil. The garden is located in his business partner Wendy Lynam's yard, and was profuse with giant lima beans, lavender and lunchbox peppers. Where dining once amounted to the classic meat-and-three, Cooke explained, "now the population of restaurants that is sourcing this way is putting pressure on anyone who might not. Regulars come back because they know it's night and day going somewhere that's getting everything off the truck and calling it 'farm-to-table' as opposed to actually sitting at the bar next to the farmer that grew what you're eating."

I got what he meant when I dined at Topsoil. After my eggplant agodashi and smoked mackerel dip with vibrant housemade pickles, I scored the last of the night's special. The diner at the next table was crestfallen that she had missed out. There to taste that meaty chicken-fried rabbit, she was the woman who had raised it.

Cooke attributes Greenville's embrace of farmstead cuisine to its locals' nature-loving ways. "There's tons of cycling," he said, although most is far more strenuous than my casual pedal. Just outside of town, Hotel Domestique—which was founded by Lance Armstrong's Tour de France pacer, George Hincapie—is like a ski chalet, but for cyclists. Haydn Shaak, chef at its Restaurant 17, describes his cooking as "health-centric, with minimal fats and bright, citrusy flavors."

I met Shaak at the hotel's Stage 22 Farms, a name that references the spread's 22 acres but also nods to the daily "stages" of the Tour de France bike race. Staring down at a spiky crop, I asked, "What are you going to do with the cardoons, Chef?"

"I have no idea. We'll just play around," he said. Shaak has that liberty because Stage 22's farmer, Craig Weiner, grows whatever Shaak wants: the heirloom squash served with my grouper piccata, the berries garnishing my olive oil cake. He even forages invasive Asian kudzu for Restaurant 17's signature gimlet.

Ten miles north of Greenville at Horseshoe Farm, Chris Miller practices regenerative agriculture, growing ingredients for chef Greg McPhee's James Beard–nominated restaurant, The Anchorage. Here, a ½-acre of crops coexists in exuberance next to weeds and grasses, which help improve soil health. Miller battles bacteria, deer and aphids

Farming is year-round in Greenville, but at Horseshoe Farm, an open greenhouse protects tomatoes and other veggies that farmer Chris Miller *(above)* grows for The Anchorage restaurant.

by heavily composting, working the soil with nothing but a hand-held broad fork, and welcoming in lizards and beneficial insects. His eclectic produce—plums, elderberries, artichokes, Ethiopian kale "that tastes like it's already sautéed in garlic"—are integral to his farm's overall biodiversity, as well as to the way McPhee cooks.

"If Chris has 20 pounds of turnips, we'll go through them. When those are up, we'll move into something else," he explained. "It helps the cooks. They see a lot of different ingredients and are thinking more about how they put things together." Take The Anchorage's fluke crudo with scuppernong grapes and pickled enoki, or the cornmeal-Parmesan gnocchi with fermented Juicy Fruit habaneros. "If you want to put togarashi on it this week and a beurre blanc the next, you can. There's no rule, so long as it fits into our vegetable-forward template," said McPhee.

My next visit was to Oak Hill Café, the first restaurant in town to launch its own farm right in its backyard. Here, chef David Porras uses the ⅓-acre as a laboratory for the gastromolecular-style cooking that made the restaurant a James Beard semifinalist in 2020. "We do a lot of research," he said. "There's always that creativity and space." In the restaurant's attic, which he calls his "space lab," there were old-school jars of vinegars and dehydrated fruits and vegetables along with newfangled equipment, like a Thermomix and circulating-water vacuum pump. Outside were crops that are otherwise hard to find in Greenville: lemongrass and salsify, as well as white mango turmeric. "The whole thing is edible, and it tastes like green mango," said Porras, who is from Costa Rica, where the plant is common.

On his tasting menu, burrata in an emerald-green pool of pureed kale shares a plate with grilled green tomatoes, pepitas and poblanos draped in red sorrel leaves. Marigold petals dot spaghetti squash with a swipe of ancho chile sauce. These aren't combinations that Greenville is used to, but it's all a fruitful experiment for chef Porras, his growers and their restaurant clientele. Farmer Haley Disinger was a student in sustainability science at nearby Furman University before coming to Oak Hill. Here, she avoids the hazards faced by other young farmers: landlessness and loneliness. "The servers have been wonderful about saying to diners, 'Hey, the farm's out back. Go check it out.' Some people walk all the way through and ask a lot of questions," said Disinger. "That's one of the best parts of working here—getting to engage with them." She talks to diners about the lemony wood sorrel and the peppery nasturtium flowers she's growing. She shows them where she's planted the Kyoto Red carrots, the ones with the ruby-hued skin.

"People come to this restaurant because they love to eat well," Porras explained, adding that it's an entry point to a larger agenda, which is connecting the work of the farmer to the chef. "How hard can we push farm-to-table?" he asked. The question was rhetorical. "We have a mission," Porras said. "We have a belief. We want to feel great about what we do. We want to get up and be inspired by those carrots because they're amazing."

Contributing editor **BETSY ANDREWS** *is a food and travel writer and poet.*

We want to feel great about what we do. We want to get up and be inspired by those carrots because they're amazing.

David Porras, chef

Glazed Carrots with Green Harissa & Benne Seed Crunch *(p.62)*

Get to Know Greenville

This up-and-coming destination is a charming place to spend a long weekend.

STAY

Hotel Domestique This bicyclist and golfer's paradise in the Blue Ridge foothills boasts chateau-style accommodations and farm-fresh fare from Restaurant 17 and its partner, Stage 22 Farms.

SpringHill Suites by Marriott Big, comfortable rooms with city views are right in the heart of downtown, and breakfast is included.

EAT

The Anchorage A 2018 James Beard semifinalist for Best New Restaurant, this healthy-meets-haute spot turns out dishes like a kabocha squash curry, with produce from Horseshoe Farm.

Oak Hill Café Book a table to sample 2020 James Beard nominee David Porras' gastro-molecular, straight-from-the-garden cooking, including legume empanadas with green chutney.

Topsoil Adam Cooke, a 2020 Beard semifinalist for Best Chef, cooks farmstead crowd-pleasers like braised red cabbage with cider-walnut dressing at this spot along the Swamp Rabbit trail, a scenic walking and cycling path.

Fork and Plough Chef Shawn Kelly uses produce and proteins from Greenbrier Farms for dishes like blistered shishitos with mole and beef carpaccio with paprika aioli.

DO

Saturday Market Seemingly all of Greenville comes out to shop, mingle and groove to live music at this farmers' market (held, of course, on Saturdays). It lines Main Street and boasts more than 75 local vendors.

Falls Park Tucked off Main Street, this park has lavish gardens, public art, riverside dining and a spectacular pedestrian bridge spanning the falls of the Reedy River.

Swamp Rabbit Trail Rent a bicycle from downtown's Reedy Rides and take a 22-mile pedal out-and-back on a wooded pathway to the small city of Traveler's Rest, with a stop for snacks at Swamp Rabbit Cafe and Grocery along the way.

Vicario For a unique farmstead visit, head to Greer on Greenville's outskirts for a tasting and tour at this farm and micro-distillery, which produces superlative Italian liqueurs.

Greenbrier Farms Pizza Night Every Thursday evening, the farmers here fire up brick ovens inside their big, modern barn and bake pizzas for the public for indoor-outdoor fun, with local beers on tap.

Carolina Bauernhaus Stop in for a pint at the beer garden of this truly local brewery to taste an ale made with local malt and grain, plus hops farmed by the brewers themselves.

A view of Restaurant 17 from the grounds of the Hotel Domestique.

Trout in Sage Brown Butter with Hearts of Palm Salad

ACTIVE: 50 min **TOTAL:** 50 min

At Topsoil restaurant, Adam Cooke takes advantage of the crops his business partner Wendy Lynam tends on her nearby front-yard farm to gussy up the dish with wilted greens and herbs. Ask your fishmonger to butterfly your trout, which removes the bones without separating the fillets.

- **4 ounces small potatoes**
- **1 small lemon, halved, divided**
- **3 tablespoons unsalted butter, diced, divided**
- **2 tablespoons fresh sage, coarsely chopped**
- **2 whole trout (about 6 ounces each), butterflied**
- **¼ teaspoon salt, divided**
- **¼ teaspoon ground pepper, divided**
- **1½ teaspoons grapeseed oil**
- **½ cup hearts of palm, rinsed and sliced**
- **1 small shallot, thinly sliced**
- **1½ teaspoons capers, rinsed**
- **½ cup arugula *or* mizuna**

1. Place potatoes in a small saucepan and cover with cold water. Bring to a simmer over high heat, then reduce heat to maintain a simmer. Cook until tender, 10 to 15 minutes. Drain and let cool. Cut into ½-inch pieces. Set aside.

2. Meanwhile, place 1 lemon half, cut-side down, in a small saucepan. Add half the butter and cook over medium-high heat, whisking occasionally, until it browns slightly and begins to smell nutty, about 3 minutes. Add the rest of the butter and continue cooking, whisking often, until all the butter is caramel in color, about 2 minutes more. Add sage and remove from heat. Cover to keep warm and set aside.

3. Preheat oven to 250°F. Place a wire rack on a baking sheet and place in the oven.

4. Pat trout dry and sprinkle both sides with ⅛ teaspoon each salt and pepper. Heat oil in a large skillet on high heat. Add 1 trout, skin-side down. Lower heat to medium-low and spoon 1 tablespoon of the brown butter over the fish. Cook, basting the fish with the butter, until the skin is crispy, about 3 minutes. Flip and cook for 1 minute more. Transfer the fish to the oven to keep warm. Repeat with the remaining trout and 1 tablespoon butter.

5. Add the remaining 1 tablespoon butter, the reserved potatoes and hearts of palm to the pan. Cook over medium heat, stirring gently, until heated through, about 3 minutes. Transfer to a bowl and add shallot, capers and greens. Toss to slightly wilt the greens. Serve the salad with the trout and the remaining lemon half cut into wedges.

SERVES 2: 1 trout & 1 cup salad each
Cal 454 **Fat** 29g (sat 13g) **Chol** 136mg **Carbs** 15g **Total sugars** 2g (added 0g) **Protein** 32g **Fiber** 2g **Sodium** 656mg **Potassium** 1,031mg.

PAIR IT

Cinquante-Cinq Sauvignon Blanc ($16) is packed with ripe, tropical fruit and citrus notes. Its buttery finish dovetails nicely wi[th] this creamy **Gre[en]** **Groats Risott[o]**

Mushroom & Carolina Gold Rice Stuffed Cabbage Rolls

ACTIVE: 1 hr **TOTAL:** 2½ hrs

TO MAKE AHEAD: Prepare through Step 5 and refrigerate for up to 2 days.

At Fork and Plough, chef Shawn Kelly creates dishes packed with herbs and veggies from his partner, Greenbrier Farms. The restaurant also sources from local makers, like Dark Spore Mushrooms in nearby Piedmont and the Dutch transplants at Forx Farm who make buttery Gouda for these cabbage rolls. (Photo: page 57.)

MARINARA

- **3 tablespoons extra-virgin olive oil**
- **2 cups diced yellow onion**
- **2 cloves garlic, sliced**
- **2 tablespoons red wine**
- **1 15-ounce can no-salt-added diced tomatoes**
- **½ cup tomato paste**
- **½ teaspoon dried oregano**
- **½ teaspoon crushed red pepper**
- **⅛ teaspoon salt**
- **½ cup chopped fresh basil**

CABBAGE ROLLS

- **12 leaves green cabbage**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 cup diced onion**
- **3 cups diced mixed mushrooms (cremini, oyster, button *and/or* shiitake)**
- **½ cup diced red bell pepper**
- **½ cup diced zucchini**
- **3 cloves garlic, chopped**
- **¼ teaspoon ground pepper**
- **⅛ teaspoon salt**
- **1 large egg, lightly beaten**
- **1 cup cooked Carolina Gold *(see Tip, page 101) or* brown rice**
- **1 cup chopped fresh herbs, such as basil, parsley, oregano, mint *and/or* cilantro**
- **1 cup shredded Gouda cheese, divided**
- **½ cup grated Parmesan cheese**
- **1½ teaspoons grated lemon zest**
- **1 tablespoon lemon juice**
- **Dash of hot sauce**

1. To prepare marinara: Heat 3 tablespoons oil, 2 cups onion and sliced garlic in a medium saucepan over medium-low heat. Cook, stirring occasionally, until soft and golden brown, about 15 minutes. Add wine; cook 1 minute. Add tomatoes, tomato paste, oregano, crushed red pepper and ⅛ teaspoon salt. Adjust heat to maintain a simmer, cover and cook, stirring occasionally, for 1 hour. Remove from heat and stir in basil.

2. Meanwhile, prepare cabbage rolls: Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.

3. Bring a large pot of water to a boil. Add cabbage leaves and cook for 1 minute. Drain and rinse with cold water. Pat dry.

4. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add onion and cook, stirring occasionally, until lightly browned, about 3 minutes. Add the remaining 2 tablespoons oil and mushrooms; cook, stirring occasionally, until the mushrooms are brown, about 5 minutes. Add bell pepper, zucchini, garlic, pepper and salt and cook, stirring often, until tender, 3 to 5 minutes. Transfer to a large bowl and let cool for 10 minutes.

5. Add egg, rice, herbs, ½ cup Gouda, Parmesan, lemon zest, lemon juice and hot sauce to the vegetables and mix well.

6. Spoon about ⅓ cup filling into each cabbage leaf and roll up, tucking in the sides. Arrange the cabbage rolls seam-side down in the prepared baking dish and spread the marinara over the top. Sprinkle with the remaining ½ cup Gouda.

7. Bake until bubbling around the edges and the cheese has melted, about 25 minutes.

SERVES 6: 2 rolls each

Cal 386 **Fat** 22g (sat 7g) **Chol** 58mg **Carbs** 33g **Total sugars** 14g (added 0g) **Protein** 13g **Fiber** 7g **Sodium** 497mg **Potassium** 970mg.

Glazed Carrots with Green Harissa & Benne Seed Crunch

ACTIVE: 30 min **TOTAL:** 50 min

The Anchorage's chef, Greg McPhee, has a waste-free ethos, and uses the entire carrot, including the greens, for this spicy, nutty side dish made with benne seeds, a local variety of sesame. To make sure they cook evenly, halve larger carrots lengthwise so they are all about the same size and no wider than 1 inch. (Photo: page 59.)

CARROTS

- **2 pounds slender carrots with greens**
- **1 tablespoon extra-virgin olive oil**
- **⅛ teaspoon kosher salt plus a pinch, divided**
- **2 cups carrot juice**
- **3 tablespoons unsalted butter**
- **2 tablespoons lemon juice**
- **2 tablespoons chopped fresh herbs, such as chives, tarragon *and/or* parsley**
- **½ cup crumbled blue cheese**

TOPPING

- **1 tablespoon benne *(see Tip, page 101) or* sesame seeds**
- **1 tablespoon pepitas**
- **1½ teaspoons cumin seeds**
- **1½ teaspoons coriander seeds**

HARISSA

- **Zest and juice of 2 lemons**
- **2 tablespoons extra-virgin olive oil**
- **2 ice cubes**
- **2 cups fresh parsley**
- **1 cup fresh greens reserved from carrots**
- **1 cup fresh cilantro**
- **2 cloves garlic**
- **¼ jalapeño pepper**
- **1 tablespoon ground coriander**
- **1 tablespoon ground cumin**
- **¼ teaspoon kosher salt**

1. Preheat oven to 350°F.

2. To prepare carrots: Cut green tops from carrots and set aside for harissa. Place the carrots on a large rimmed baking sheet and drizzle with 1 tablespoon oil and sprinkle with ⅛ teaspoon salt. Bake until just starting to soften but still firm, 10 to 15 minutes. Set aside.

3. Meanwhile, prepare topping: Combine benne (or sesame) seeds, pepitas, cumin and coriander seeds in a large skillet. Cook over medium heat, stirring occasionally, until toasted, about 5 minutes. Transfer to a spice grinder or mini food processor. Pulse until the pepitas are about half their original size.

4. To prepare harissa: Combine lemon zest, lemon juice, oil, ice cubes, parsley, reserved carrot greens, cilantro, garlic, jalapeño, coriander, cumin and salt in a blender. Blend on high until smooth, about 1 minute.

5. To finish preparing carrots: Transfer the carrots to a large pot and add carrot juice and the remaining pinch of salt. Bring to a simmer over high heat. Reduce heat to maintain a lively simmer and cook, gently stirring occasionally, until the carrot juice is almost completely reduced, about 20 minutes. Remove from heat and stir in butter, 2 tablespoons lemon juice and chopped herbs.

6. Serve the carrots with the carrot juice reduction, harissa, seed topping and blue cheese.

SERVES 8: ½ cup carrots & 2 Tbsp. harissa sauce

Cal 214 **Fat** 10g (sat 5g) **Chol** 18mg **Carbs** 20g **Total sugars** 10g (added 0g) **Protein** 5g **Fiber** 5g **Sodium** 335mg **Potassium** 730mg.

Greens & Groats Risotto

ACTIVE: 50 min **TOTAL:** 1 hr

TO MAKE AHEAD: Refrigerate cooked groats and farro (Step 1) for up to 2 days.

Guests who choose to wander around Oak Hill Café know that chef David Porras has his own farm out back. This dish is a tasty way he uses up stems from leafy greens, flowers from bolted herbs, and other odds and ends from his copious beds. (Photo: page 61.)

- **1 cup oat groats, rinsed**
- **Pinch of salt plus ½ teaspoon, divided**
- **1 cup pearled *or* semi-pearled farro**
- **1 bunch greens, such as kale *or* chard**

Chef Haydn Shaak *(left)* picks beans at Stage 22 Farms, where farmer Craig Weiner *(right)* nurtures vegetables on land once despoiled by trucked-in sand and invasive kudzu.

Roasted Squash Salad

- **3 tablespoons extra-virgin olive oil**
- **¼ cup minced shallots**
- **2 cups shiitake mushrooms, stemmed, sliced**
- **2 cups low-sodium vegetable broth**
- **1 tablespoon light miso**
- **½ cup shredded aged Gouda cheese**
- **2 tablespoons unsalted butter**
- **⅛ teaspoon ground white pepper**
- **Sliced hakurei turnips & edible flowers for garnish**

1. Bring a large pot of water to a boil. Add groats and a pinch of salt; cook for 10 minutes. Add farro; cook until both grains are tender and soft, 20 to 25 minutes more. Drain; set aside.
2. Meanwhile, separate stems from greens. Dice the stems and chop the greens.
3. Heat oil in a large skillet over medium heat. Add shallots and cook, stirring occasionally, until starting to brown, about 4 minutes. Add shiitakes and the greens stems; cook, stirring occasionally, 3 to 5 minutes. Add the chopped greens in batches and cook, stirring, until softened, 3 to 5 minutes. Transfer half the mixture to a small bowl and cover to keep warm.
4. Stir the cooked groats and farro, broth and miso into the pan. Adjust heat to maintain a simmer and cook until the liquid is reduced and the risotto thickens, about 10 minutes.
5. Add cheese, butter, the remaining ½ teaspoon salt and white pepper and cook, stirring, until the cheese is melted, about 1 minute more. Serve the risotto topped with the mushroom mixture. Garnish with turnips and edible flowers, if desired.

SERVES 6: 1 cup risotto & ½ cup vegetables each
Cal 383 **Fat** 17g (sat 5g) **Chol** 21mg **Carbs** 48g **Total sugars** 3g (added 0g) **Protein** 14g **Fiber** 8g **Sodium** 474mg **Potassium** 308mg.

Roasted Squash Salad

ACTIVE: 20 min **TOTAL:** 1½ hrs

Butternut squash is an abundant shoulder-season crop at Stage 22, the farm operated by Craig Weiner, who grows for the Greenville area's Hotel Domestique. At its Restaurant 17, chef Haydn Shaak garnishes the dish with pepitas from the farm's pumpkins and whatever fresh herbs Weiner has in abundance.

- **1 medium butternut squash (about 2½ pounds), halved lengthwise and seeded**
- **3 tablespoons extra-virgin olive oil plus 1 teaspoon, divided**
- **½ teaspoon salt plus a pinch, divided**
- **¼ teaspoon ground pepper**
- **⅓ cup pepitas**
- **¼ teaspoon garlic powder**
- **¼ teaspoon paprika**
- **3 tablespoons honey, preferably wildflower**
- **2 tablespoons chopped Calabrian chile peppers**
- **½ cup dried sour cherries**
- **2 tablespoons chopped fresh herbs, such as mint, basil, parsley *and/or* chives**

1. Preheat oven to 375°F.
2. Arrange squash halves, cut-side up, on a baking sheet. Brush with 1 tablespoon oil and sprinkle with ¼ teaspoon each salt and pepper. Roast until tender, 45 minutes to 1 hour. Set aside to cool completely, about 30 minutes. Peel the squash and cut into bite-size pieces.
3. Meanwhile, toss pepitas with 1 teaspoon oil, garlic powder, paprika and pinch of salt. Spread evenly on a rimmed baking sheet. Roast for 5 minutes. Transfer to a small bowl to cool.
4. Whisk honey, chile peppers and the remaining 2 tablespoons oil in a large bowl until well combined. Add the squash and the remaining ¼ teaspoon salt and toss to combine. Serve the squash topped with the pepitas, dried cherries and herbs.

SERVES 6: ⅔ cup each
Cal 267 **Fat** 12g (sat 2g) **Chol** 0mg **Carbs** 37g **Total sugars** 18g (added 11g) **Protein** 5g **Fiber** 4g **Sodium** 273mg **Potassium** 639mg.

STYLING: EMILY NABORS HALL (FOOD), LYDIA PURCELL (PROPS)

The Wonderful World of Chicken Soup

Around the globe, flavorful pots of this beloved comfort food are prepared with ingredients like ginger, coconut milk, chickpea dumplings and a wide variety of vegetables. These five—shared by cooks with roots in Colombia, Sri Lanka, the Philippines, Iran and Morocco—are a delicious place to start exploring.

By Rachel Stearns

Photos by Greg DuPree

Illustrations by Cathy Gendron

Ajiaco Bogotano

page 70

COLOMBIA Ajiaco celebrates a key crop in the Andes Mountains region, where more than 4,000 potato varieties are grown. There are three types in this soup. Cookbook author and food stylist **Mariana Velásquez** uses russets to stand in for Sabanera potatoes, which practically dissolve into the broth, giving it body. Yukon Golds and tiny creamer potatoes replace Pastusas and Criollas—the former lends a golden hue and the latter a sweet, almost buttery flavor. Guascas—a fragrant herb also known as galinsoga, gallant soldier or potato weed—imparts a slightly bitter taste unmatched by anything else, Velásquez says. (Look for it dried online or in the few Colombian markets in the U.S.; you can also find it fresh at farmers' markets.) The soup takes her back to her childhood in Bogotá. She remembers one Friday each month being "Ajiaco Day" at her all-girls school. "They would bring the bowls of broth to each of us and then place the avocados, corn, chicken, capers and cream in the center of the table," she says. "It was the most special lunch and we all loved it."

SRI LANKA Food from this island nation, located off the southern tip of India, has flavor combinations not seen in other cuisines because of its position at the intersection of trade routes and cultures, says Kentucky-based chef **Samantha Fore**, whose family is from the country. This soup exemplifies the essential, mouthwatering combo of sweet, sour and heat; bright acidity from fresh lime juice is balanced by coconut milk, which adds richness without being heavy. Spices grown on the island—like cinnamon, cardamom, coriander and cumin—lend toasty notes to the broth and add a layer of gentle heat behind the fiery dried chile. The Tuk Tuk spice blend is one Fore created (named after her pop-up restaurant, Tuk Tuk Sri Lankan Bites) and is available online through *spicewallabrand.com*. "It is basically everything I would put into a chicken curry," she says, including ginger, lemongrass and turmeric.

Spicy Coconut Chicken Soup

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Tinola
page 69

THE PHILIPPINES

Tinola, a comforting chicken soup seasoned with plenty of ginger and garlic, is a staple in the Philippines. But it's not as well-known in the U.S., says Filipina American photographer **Natalia Roxas.** She explains that this is because, stateside, Filipino restaurants typically serve rich "party" food, like lechon (whole roasted pig) or lumpia (spring rolls), which gives the impression that most Filipino fare is fried or brown. "In reality, we have one of the most colorful, flavorful and thoughtful arrays of dishes throughout our islands," she says.

When Roxas finds herself at home in the Midwest in winter, she always has the gingery broth of this soup on hand. "It just feels like your lola (grandmother) giving you the warmest hugs when you don't feel good," she says. The soup also calls for green papaya and vitamin-rich malunggay (aka moringa) leaves, from the drumstick tree, which grows across Asia and Africa. Chayote can stand in for the papaya, and bok choy or spinach makes a good substitute for the malunggay. Roxas pairs the soup with a side of jasmine rice.

IRAN While she may be best known for acting in television series like *NCIS* and *Criminal Minds*, **Naz Deravian's** popular Persian food blog launched her into the culinary world. "I was hungry for the dishes that comforted me—the scents, sounds and spices that defined me and my culture," she says. A popular dish in Iran is gondi: meatballs in broth sprinkled with fresh herbs, often served for Friday night Shabbat in Iranian Jewish households. Though not Jewish herself, Deravian loves the classic soup for its cardamom-perfumed meatballs and fragrant, turmeric-based broth. She says, "The spices gives it a depth and unique warmth. And nutrient-rich chickpea flour—a common ingredient in Iranian dishes—makes the meatballs tender and satisfying."

Gondi

Scan with your phone's camera for more comforting chicken soups you'll want to make forever.

Gondi
(Iranian Jewish Chicken Meatball Soup)

ACTIVE: 25 min **TOTAL:** 1 hr 35 min
Recipe by Naz Deravian.

MEATBALLS
- 1 medium yellow onion
- 1 pound ground chicken
- 1 teaspoon ground cardamom
- ¼ teaspoon ground turmeric
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- 2-4 tablespoons warm water
- 1 cup chickpea flour

BROTH
- 2 dried limes (limoo Omani), rinsed *(see Tip, page 101)*, *or* 2 tablespoons lime juice
- 4 cups low-sodium chicken broth
- 4 cups water
- ½ teaspoon ground turmeric
- ¾ teaspoon kosher salt
- ¼ teaspoon ground pepper
- ¼ cup finely chopped fresh parsley
- Fresh herbs, lavash, lime wedges, radishes & scallions for serving

1. To prepare meatballs: Grate onion. Leaving the onion juice behind, transfer the onion to a large bowl. (Discard the juice.) Add chicken, cardamom, ¼ teaspoon turmeric, ½ teaspoon salt and pepper; combine well.
2. Place warm water in a small bowl next to you. Add chickpea flour to the chicken mixture in batches, mixing with your hands. The mixture will be sticky at first; add 2 to 4 tablespoons of the water and keep kneading until the mixture doesn't stick to your hands, about 3 minutes. Divide into 6 equal portions. With wet hands, roll each portion into a ball and place on a plate or a small baking sheet. Refrigerate the meatballs, uncovered, for 30 minutes.
3. Meanwhile, prepare broth: If using dried limes, very carefully pierce them in a couple of spots with the tip of a paring knife.
4. Combine broth and water in a large pot. Bring to a boil over high heat. Reduce heat to medium-high and add the dried limes (or lime juice), turmeric, salt and pepper; stir and simmer for 2 minutes.
5. Carefully add the meatballs to the broth and return to a gentle boil. Reduce heat to a simmer and cook, partially covered, stirring and gently squeezing the limes against the side of the pot with a wooden spoon occasionally, until the meatballs are cooked through, about 1 hour. Remove from heat. Discard the limes. Stir in parsley.
6. To serve, ladle about ⅔ cup broth into each bowl and add a meatball. Top each bowl with some herbs and serve with lavash, lime wedges, more herbs, radishes and scallions on the side, if desired.

SERVES 6: ⅔ cup broth + 1 meatball each
Cal 195 **Fat** 7g (sat 2g) **Chol** 65mg **Carbs** 14g **Total sugars** 2g (added 0g) **Protein** 18g **Fiber** 2g **Sodium** 500mg **Potassium** 621mg.

Spicy Coconut Chicken Soup

ACTIVE: 35 min **TOTAL:** 1¼ hrs
Recipe by Samantha Fore. (Photo: page 66.)

- 1½ pounds bone-in, skin-on chicken thighs
- 1 teaspoon ground pepper, divided
- 2 tablespoons Tuk Tuk fried chicken spice *or* madras curry powder, divided
- 2 tablespoons coconut oil
- 1 4-inch piece pandan leaf (optional)
- 1 Ceylon cinnamon stick
- 4 cardamom seeds
- ½ teaspoon fenugreek seeds *(see Tip, page 101)*
- ½ teaspoon brown mustard seeds
- 1 cup diced carrot
- 1 cup diced celery
- ½ cup thinly sliced leek
- ½ cup diced white onion
- ½ teaspoon kosher salt
- 2 cloves garlic, grated
- 1 teaspoon thinly sliced lemongrass
- ½ teaspoon grated fresh ginger
- 1 sprig fresh curry leaves
- ½ teaspoon ground turmeric
- ½ teaspoon Guntur Sannam chile *or* crushed red pepper (optional)
- 4 cups low-sodium chicken broth
- ⅔ cup coconut milk
- 2 tablespoons lime juice

1. Season both sides of chicken with ½ teaspoon pepper. Sprinkle 1 tablespoon spice blend (or curry powder) on the underside.
2. Heat oil in a large pot over medium heat. Add pandan, if using, cinnamon stick, cardamom, fenugreek and mustard seeds. Cook, stirring, for 2 minutes. Discard the pandan and cinnamon stick. Add the chicken, skin-side down, and cook until the skin is golden, about 7 minutes. Transfer the chicken to a plate.
3. Add carrot, celery, leek, onion, salt and the remaining ½ teaspoon pepper and 1 tablespoon spice blend (or curry powder); cook, stirring, for 2 minutes. Add garlic, lemongrass, ginger and curry leaves; cook, stirring, for 2 minutes. Add turmeric and chile (or crushed red pepper), if using, and cook, stirring, for 2 minutes more.
4. Stir in broth and bring to a boil over medium heat. Nestle the chicken into the pot and reduce heat to medium-low. Cook, stirring occasionally, until thickened and the chicken reaches 165°F, about 20 minutes. Discard curry leaves.
5. Transfer the chicken to a cutting board. Discard the skin and bones. Shred the meat with two forks and return to the pot. Stir in coconut milk and lime juice and simmer for 5 minutes more.

SERVES 4: 1¾ cups each
Cal 413 **Fat** 26g (sat 16g) **Chol** 135mg **Carbs** 16g **Total sugars** 4g (added 0g) **Protein** 29g **Fiber** 5g **Sodium** 564mg **Potassium** 649mg.

Tinola
(Filipino Ginger-Garlic Chicken Soup)

ACTIVE: 55 min **TOTAL:** 55 min
Recipe by Natalia Roxas. (Photo: page 67.)

- 3 tablespoons canola oil *or* avocado oil
- ½ cup chopped yellow onion
- ¼ cup thinly sliced fresh ginger
- 6 cloves garlic, minced
- 1 pound boneless, skinless chicken thighs, trimmed and cut into ½-inch pieces
- 4 cups low-sodium chicken broth
- 1½ cups cubed peeled green papaya *or* chayote
- 2 cups chopped malunggay leaves *(see Tip, page 101) or* bok choy leaves
- 1 tablespoon fish sauce
- ¼ teaspoon salt
- ¼ teaspoon ground pepper

Heat oil in a large pot over medium heat. Add onion, ginger and garlic; cook, stirring, until the onion starts to turn translucent, about 3 minutes. Add chicken and broth and bring to a simmer over medium-high heat. Reduce heat to maintain a simmer and cook, stirring, until the chicken is just cooked through, about 5 minutes. Add papaya (or chayote), malunggay (or bok choy), fish sauce, salt and pepper and return to a simmer. Cook, stirring occasionally, until the vegetables are tender and the flavors have melded, about 5 minutes more.

SERVES 4: 1½ cups each
Cal 344 **Fat** 20g (sat 4g) **Chol** 76mg **Carbs** 14g **Total sugars** 6g (added 0g) **Protein** 27g **Fiber** 2g **Sodium** 663mg **Potassium** 634mg.

STYLING: EMILY NABORS HALL (FOOD), LYDIA PURCELL (PROPS)

Ajiaco Bogotano
(Potato Soup with Corn, Chicken & Capers)

ACTIVE: 35 min **TOTAL:** 2½ hrs
Recipe by Mariana Velásquez. (Photo: page 65.)

- **3 pounds bone-in chicken breasts, skin removed**
- **2 pounds russet potatoes, peeled and cut into ¼-inch-thick rounds**
- **1½ pounds large Yukon Gold potatoes, peeled and cut into ¼-inch-thick rounds**
- **1 pound gold creamer potatoes *or* baby yellow potatoes, peeled and cut into ¼-inch-thick rounds**
- **4 large scallions, trimmed**
- **3 cloves garlic, smashed**
- **3 fresh cilantro stems**
- **1¾ teaspoons kosher salt**
- **½ teaspoon ground pepper**
- **½ cup dried guascas *or* 1 bunch fresh**
- **2 ears corn, husked and cut into 4 pieces**
- **8 teaspoons heavy cream**
- **8 teaspoons large capers, rinsed**
- **2 ripe avocados, sliced**

1. Combine chicken, potatoes, scallions, garlic, cilantro, salt and pepper in a large pot. Add cold water to cover. Bring to a simmer over high heat. Reduce heat to maintain a simmer and cook, skimming any foam that rises to the top, until the chicken is cooked through, 30 to 40 minutes. Using tongs, transfer the chicken to a plate and set aside to cool. Discard the scallions and cilantro.
2. Continue simmering the soup, stirring occasionally, until the potatoes have started to dissolve, 50 to 60 minutes more. Add guascas and continue cooking until the consistency is thick and creamy but still has some chunks of potato, about 10 minutes more.
3. Meanwhile, bring a medium pot of water to a boil over high heat. Add corn and return to a boil. Cover, turn off heat and let stand for 10 minutes.
4. When the chicken is cool enough to handle, shred into large pieces. Serve the soup topped with the chicken and corn, cream, capers and avocado.

SERVES 8: 1¾ cups each
Cal 483 **Fat** 13g (sat 3g) **Chol** 105mg **Carbs** 57g **Total sugars** 4g (added 0g) **Protein** 38g **Fiber** 8g **Sodium** 574mg **Potassium** 1,333mg.

MOROCCO "Chorba" comes from the Arabic word for drink, referring to this soup's thin broth. It's popular across North Africa and is prepared in numerous ways—with fish, meat or just veggies. This no-frills recipe was passed down to London-based chef **Nargisse Benkabbou** from her maternal grandmother. The simple ingredients make a tasty meal that evokes her past. "In Morocco, chorba is often enjoyed during Ramadan, so it always reminds me of the times we used to gather with my family to break the fast," she says. Benkabbou—who frequently flies to Marrakech, where she's the executive chef at L'Mida—aims to celebrate her heritage with every dish. But she doesn't hesitate to add her own modern twist. "I love spicy food," says Benkabbou. "So I always end up adding harissa to my chorba, although it's a bit untraditional."

Chicken Chorba

ACTIVE: 25 min **TOTAL:** 1¾ hrs
(plus overnight bean soaking)
Recipe by Nargisse Benkabbou.

- **1 tablespoon extra-virgin olive oil**
- **2¼ pounds chicken wings**
- **2 medium onions, thinly sliced**
- **2 teaspoons ground turmeric**
- **1⅛ teaspoons salt**
- **½ teaspoon ground pepper**
- **Pinch of saffron threads**
- **6⅓ cups water**
- **¾ cup dried chickpeas, soaked overnight and drained *(see Tip)***
- **2 large white potatoes, peeled and diced**
- **2 medium tomatoes, grated on the large holes of a box grater**
- **1½ tablespoons tomato paste**
- **4 ounces whole-wheat spaghetti, broken into 1-inch pieces**
- **3 tablespoons chopped fresh parsley, plus more for garnish**

1. Heat oil in a large pot over medium-high heat. Add chicken wings, onions, turmeric, salt, pepper and saffron. Cook, stirring occasionally, until the chicken is lightly browned and the onions are softened, 7 to 10 minutes. Add water and chickpeas and bring to a boil. Reduce heat to medium-low, cover and simmer gently for 40 minutes.
2. Add potatoes, tomatoes and tomato paste and increase heat to bring to a boil. Reduce heat to medium-low, cover and simmer until the chicken, chickpeas and potatoes are fully cooked, 15 to 20 minutes.
3. Add spaghetti and parsley. Simmer until the spaghetti is tender, about 8 minutes. Garnish with more parsley, if desired.

SERVES 8: 1¾ cups each
Cal 471 **Fat** 20g (sat 5g) **Chol** 142mg **Carbs** 43g **Total sugars** 5g (added 0g) **Protein** 31g **Fiber** 7g **Sodium** 471mg **Potassium** 1,013mg.

TIP: If you forget to soak your chickpeas overnight, add a 15-ounce can of chickpeas (rinsed) along with the potatoes in Step 2.

COVER RECIPE

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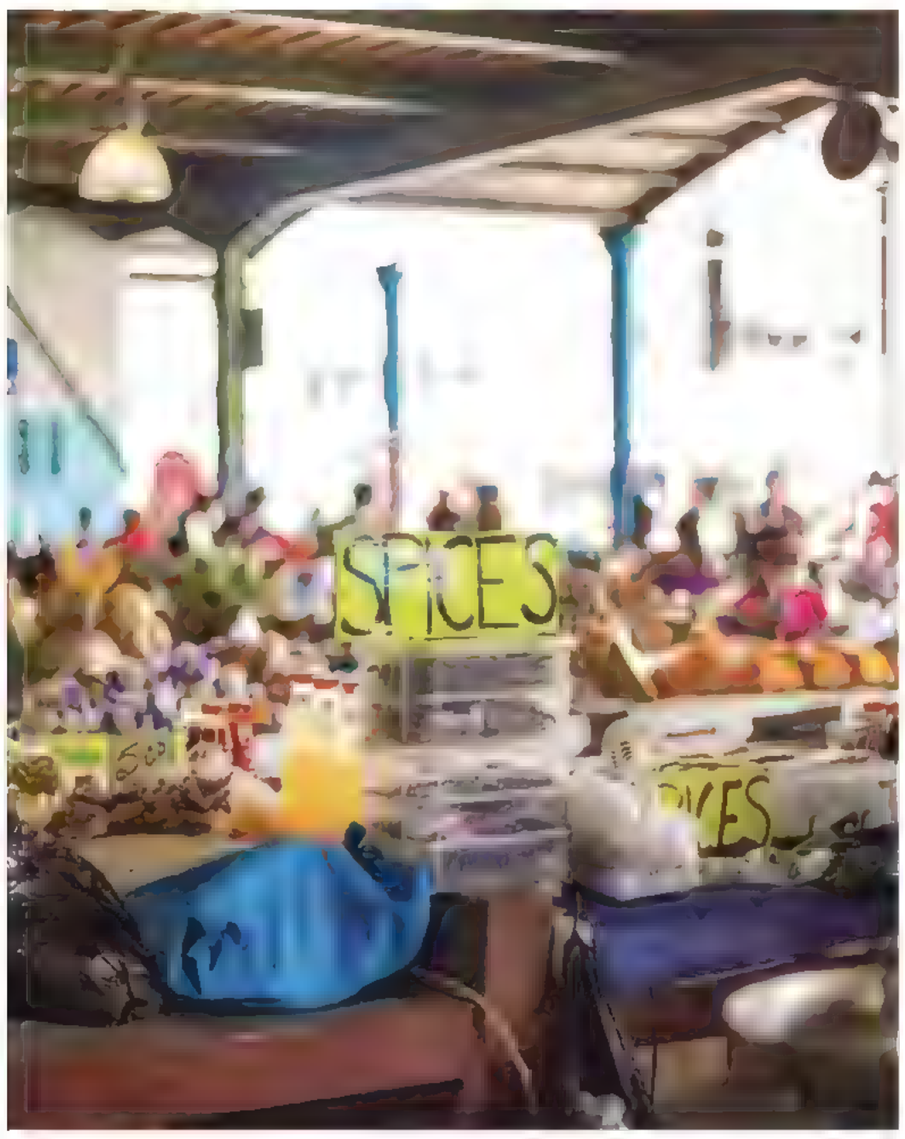
Curry&

Trinidad & Tobago may only be 7 miles off the coast of Venezuela but the country that's had an outsize influence on its food is India. Foodways historian **Ramin Ganeshram** explains how that came to be.

LOCATION PHOTOGRAPHY BY
Tarique Eastman
PIRATE LAB MEDIA

FOOD PHOTOGRAPHY BY
Penny De Los Santos



The best part of the childhood summers I spent on my father's home island of Trinidad was trailing behind him on his visits to the market to shop for his older sisters. All around us, tables were laden with the riotous hues of red Scotch bonnet peppers, orange pumpkins and mangoes, yellow bananas, rich purple eggplant, green long beans—called by their Hindi name, bodi—bitter melon, spinach and other edible leaves. Sometimes the colors were so bright they hurt your eyes.

Calypso

My favorite stop, though, was one particular spice stand—I've long forgotten the name, it was 40 years ago, after all—with its huge barrels of spices: cardamom, turmeric, cinnamon, cumin. The owners, three brothers of East Indian descent, sold their wares with a singularly Trinidadian marketing technique—by freestyling calypsos (storytelling songs native to the island) about the superiority of their spices. In those days, many folks were still mixing their own curry—a key ingredient in much of the island's cuisine. The brothers had their own special blend, a recipe that had been a part of their family since their ancestors first arrived in Trinidad as indentured laborers in the 19th century.

Their story is similar to my family's. At least three of my father's grandparents traveled from Punjab, India, to Trinidad in the 1850s. As bonded field workers, they farmed sugar and cocoa fields for the English who, needing another cheap source of labor following the end of slavery in their colonies, looked to other brown nations like India and China. Along with half a million others, theirs was a story of British imperial hegemony, which moved Indian people across the globe as indentured laborers to places like Trinidad and Guyana in the Western Hemisphere and Fiji and Mauritius in the Southern Hemisphere. In the Caribbean, my Indian ancestors took over where slavery left off.

My great-grandparents' immigration was a forced one, the details of which are murky. Poverty, starvation, oppression and deception all surely played a part. Once they arrived in Trinidad, they suffered the brutality of the plantation system. Still, they found ways to sustain their heritage by retaining their languages (which became pidginized in later generations), wearing native clothes and worshiping their gods.

India remained a distant memory kept alive by the foods they eked out despite desperate poverty. Curry became a stand-in for Indian-ness at large.

(continued on page 78)

On your way to Maracas Beach, stop by the stalls that line Maracas Lookout *(left)*. You can catch a great view of the bay as well as grab snacks and fresh fruit like mangoes and plums (but save room for the vendors on the beach too!). Singh's Doubles in Debe has been serving up Indo-Trinidadian food for more than 80 years.

Doubles

ACTIVE: 45 min **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Refrigerate tamarind sauce (Step 4) for up to 1 week.

Created by a Trinidadian family of Indian descent in the 1930s, this popular breakfast food of curried chickpeas served between two pieces of fried dough is also a late-night favorite after a good lime, the Trini term for hanging out. It is often mistakenly thought that doubles are the Trinidadian version of channa bhatura or chole bhatura, but they're more likely related to a type of vada or flatbread served with spiced beans. It's common to northern India where many indentured Indian laborers originally hailed from. The original dough for doubles was made entirely of besan, or chickpea flour, but was eventually adapted to wheat flour. I like to use a combination of the two.

DOUGH

- **⅓ cup lukewarm water (100–110°F) plus ½ cup, divided**
- **1 teaspoon active dry yeast**
- **¼ teaspoon granulated sugar**
- **1½ cups all-purpose flour**
- **½ cup chickpea flour**
- **1 teaspoon ground turmeric**
- **½ teaspoon ground cumin**
- **½ teaspoon kosher salt**
- **½ teaspoon ground pepper**
- **1 tablespoon safflower oil plus 2 cups, divided**

FILLING

- **1 tablespoon safflower oil**
- **1 small onion, minced**
- **3 cloves garlic, minced**
- **2 tablespoons Trinidad curry powder**
- **½ teaspoon ground cumin**
- **½ teaspoon ground coriander**
- **2½ cups cooked chickpeas, rinsed if canned**
- **1¼ cups water**
- **½ teaspoon ground pepper**
- **½ teaspoon kosher salt**

TAMARIND SAUCE

- **1 cup hot water**
- **2 tablespoons tamarind concentrate**
- **1 tablespoon dark brown sugar**
- **1 teaspoon ground cumin**
- **½ teaspoon garlic powder**
- **¼ teaspoon ground fennel seed**
- **Pinch of kosher salt**

CUCUMBER CHUTNEY

- **1 English cucumber**
- **2 cloves garlic, grated**
- **1 tablespoon finely chopped fresh culantro *(see Tip, page 101)* or cilantro**
- **Pinch of kosher salt**
- **½ cup Kuchela *(page 78)***

1. To prepare dough: Combine ⅓ cup lukewarm water, yeast and granulated sugar in a small bowl. Set aside until the mixture bubbles, 1 to 2 minutes.

2. Whisk all-purpose flour, chickpea flour, turmeric, ½ teaspoon each cumin, salt and pepper in a large bowl. Stir in the yeast mixture. Add more lukewarm water as needed, about ½ cup, until the mixture comes together into a slightly firm dough. Knead by hand, or with a stand mixer fitted with the paddle attachment, until smooth and elastic, 2 to 3 minutes. Drizzle the dough with 1 tablespoon oil and turn to coat. Cover with a damp kitchen towel and set in a warm place to rise until doubled in size, about 1 hour.

3. Meanwhile, prepare filling: Heat 1 tablespoon oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until soft, about 5 minutes. Add garlic and cook, stirring, for 1 minute. Add curry powder, ½ teaspoon cumin and coriander. Cook, stirring, for 30 seconds. Add chickpeas, 1¼ cups water and pepper and bring to a simmer. Cover and cook until the chickpeas are tender, about 30 minutes. Stir in ½ teaspoon salt and set aside.

4. While the chickpeas cook, **prepare tamarind sauce:** Combine hot water, tamarind concentrate, brown sugar, cumin, garlic powder, fennel and salt in a small saucepan. Bring to a simmer over medium heat and cook until reduced by half, about 10 minutes. Set aside to cool.

5. To prepare cucumber chutney: Trim cucumber and grate on the large holes of box grater to get 2½ cups. Combine the cucumber, garlic, culantro (or cilantro) and salt in a small bowl. Set aside.

6. To fry dough: Punch down the dough and let it sit for 10 minutes. With oiled hands, pinch off 16 walnut-size pieces of dough and flatten each into a circle about 4 inches in diameter.

7. Heat the remaining 2 cups oil in a deep skillet, wok or medium saucepan over medium-high heat until it reaches 350°F. (If you don't have a thermometer, test the temperature by sprinkling a bit of flour into the oil. If the flour bubbles and sizzles, it's ready.) Working in batches, add the dough circles and fry, flipping once, until lightly browned on both sides, about 40 seconds per side. Transfer with a slotted spoon to a wire rack set over a baking sheet or to a paper-towel-lined plate. Cover loosely with foil to keep warm.

8. To assemble doubles: Place a heaping ¼ cup chickpea filling on a piece of fried dough. Top with about 3 tablespoons cucumber chutney and 1 tablespoon each tamarind sauce and Kuchela. Top with another piece of fried dough.

SERVES 8: 1 double each

Cal 364 **Fat** 16g (sat 1g) **Chol** 0mg **Carbs** 47g **Total sugars** 9g (added 2g) **Protein** 10g **Fiber** 7g **Sodium** 321mg **Potassium** 386mg.

Trinidadian Dal & Rice

ACTIVE: 30 min **TOTAL:** 2 hrs 40 min

In Trinidad, the word dal *is used to exclusively mean yellow split peas, but in Hindi "dal" refers to any kind of dried split pea. This varies from the original Indian version because it omits curry leaves, tomato, lemon juice and asafoetida or hing, a spice commonly added to lentil and bean dishes. While rice is ubiquitous in Trinidad, the variety used on the island is not Indian basmati but shorter-grain Carolina-style rice.*

DAL

- **1 cup dried yellow split peas**
- **5 cups water, divided, plus more as needed**
- **1 tablespoon safflower oil**
- **1 small onion, chopped**
- **1 clove garlic, minced**
- **1 teaspoon minced fresh ginger**
- **½ teaspoon cumin seeds**
- **1 small Scotch bonnet chile pepper *(see Tip, opposite)* or other hot red pepper**
- **¾ teaspoon kosher salt**

RICE

- **1 cup Carolina Gold Rice *(see Tip, page 101)***
- **1½ cups water**
- **1 tablespoon unsalted butter**
- **½ teaspoon salt**

1. To prepare dal: Soak split peas in 3 cups water in a large bowl for 2 hours. Drain.

2. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until soft, about 5 minutes. Add garlic and ginger and cook, stirring, for 30 seconds. Add cumin seeds and cook, stirring, for 30 seconds. Add the split peas, the remaining 2 cups water, chile pepper and ¾ teaspoon salt. Bring to a boil. Lower heat to maintain a simmer, cover and simmer, skimming off foam as necessary, until the split peas are very soft, 25 to 30 minutes. Mash with a fork or potato masher, adding 1 tablespoon of water at a time (about ¼ to ½ cup total), until the peas are the consistency of oatmeal.

3. Meanwhile, prepare rice: Place rice in a deep bowl and add enough cold water to cover by 2 inches. Swirl the rice around with your hand until the water is cloudy. Carefully pour off the water. Repeat four more times and then drain the rice in a colander. Bring 1½ cups water to a boil in a medium saucepan. Add the drained rice, butter and salt and stir well. Reduce heat to low, cover and simmer until the rice is tender but not mushy, 20 to 25 minutes.

4. Remove the chile from the dal and serve with the rice.

SERVES 6: Generous ⅓ cup dal & ⅔ cup rice
Cal 276 **Fat** 5g (sat 1g) **Chol** 5mg **Carbs** 47g
Total sugars 1g (added 0g) **Protein** 9g **Fiber** 9g
Sodium 443mg **Potassium** 413mg.

STYLING: MICAH MORTON (FOOD), ED GALLAGHER (PROPS)

SCOTCH BONNET CHILES are a common ingredient in Trinidadian cuisine. They are some of the hotter peppers on the Scoville scale. Keep white vinegar handy to wipe down surfaces that the pepper has touched—including your hands—before washing with soap and water.

Tambran (Tamarind) Fish

ACTIVE: 25 min **TOTAL:** 25 min

Often thought of as a native Indian fruit, tamarind is actually indigenous to Africa but was likely brought to India via trade routes millennia ago. Once transplanted to the subcontinent, tamarind quickly became a staple of Indian cooking and is used in sauces, drinks, desserts and stews. It came to South America and the Caribbean with European colonizers in the 16th century, so was already on the scene when indentured East Indians arrived in the West Indies. The Caribbean's tropical climate is ideal for growing tamarind, or tambran as it is colloquially called in Trinidad.

- 1¼ pounds firm whitefish fillets, such as tilapia or snapper
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper
- ¼ cup all-purpose flour
- 3 tablespoons safflower oil, divided
- 1 shallot, finely chopped
- 1 tablespoon grated fresh ginger
- 2 cloves garlic, minced
- ½ cup low-sodium vegetable broth
- 1 tablespoon tamarind concentrate
- 2 teaspoons granulated sugar
- 1 small Scotch bonnet chile pepper *(see Tip, left)* or other hot pepper, such as serrano
- 1 cinnamon stick
- 4 bay leaves
- 1 tablespoon lemon zest
- 2 tablespoons chopped fresh culantro *(see Tip, page 101)* or cilantro

1. Pat fish dry with paper towels and season with salt and pepper. Dredge each fillet lightly in flour, shaking off any excess.

2. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add the fish and cook undisturbed until golden brown on one side, 3 to 4 minutes. Flip and cook until browned on the other side, about 3 minutes more. Transfer to a paper-towel-lined plate.

3. Add the remaining 1 tablespoon oil and shallot to the pan. Cook, stirring occasionally, until the shallot is soft, about 2 minutes. Add ginger and garlic; cook, stirring, for 1 minute. Stir in broth, tamarind and sugar. Bring to a simmer and cook, scraping up any browned bits, until the sugar is just dissolved, about 1 minute. Add chile, cinnamon stick, bay leaves and lemon zest. Cover and reduce heat to a low simmer. Simmer for 5 minutes. Remove from heat.

4. Transfer the fish to a serving platter. Discard cinnamon stick and bay leaves; pour the sauce over the fish. Top with culantro (or cilantro).

SERVES 4: 4 oz. fish & 2 Tbsp. sauce each
Cal 284 **Fat** 13g (sat 2g) **Chol** 71mg **Carbs** 13g **Total sugars** 4g (added 2g) **Protein** 30g **Fiber** 1g **Sodium** 332mg **Potassium** 492mg.

(continued from page 74)
Ingredients like rice, turmeric, cardamom, yogurt and ghee, along with typical Indian cooking techniques, melded with local produce in new ways.

Today, nearly half of the population on the island claims Indian roots. In both its people and its cuisine, Trinidad is an organic fusion. Here, the flavors from the subcontinent have married with those from West Africa, China and Syria and of the Indigenous people. Curry is still a foundational flavor, and everything from fruits and vegetables to meat, fish and wild game gets equal opportunity in the curry pot.

For most Trinidadians, Indian culture is simply part and parcel of the nation. Colette Cyrus Burnett, a chef and CEO of Global Food Warrior, which strives to make local food systems more affordable and accessible, grew up in Chaguanas, an area in central Trinidad that is known for its strong Indian roots. Although largely Afro-Caribbean, she recognizes Trinidad-Indian food as core to the national identity. "We never saw any distinction in our kitchen. It was never 'East Indian' food to us," she says. "It is just home food, a part of our collective culture that warms our hearts and bellies."

And so it is for me. When I cook a dish that I learned from my father, I'm transported back to those summers on Trinidad. The tangy tamarind sauce spooned over fish, the aroma of curry in doubles and the smoky flavor of roasted eggplant, all speak to this diverse nation's deliciously complex history.

RAMIN GANESHRAM *is a Trinidadian American culinary historian and author of* Sweet Hands: Island Cooking from Trinidad & Tobago.

Kuchela (Green Mango Relish)

ACTIVE: 25 min **TOTAL:** 25 min
TO MAKE AHEAD: Refrigerate for up to 1 week.

This condiment of spiced green mango is a Trinidad favorite and can be eaten with anything, but is a must-have with doubles. Amchar masala, which includes fenugreek, peppercorns, coriander and fennel, is a seasoning specific to Trinidad but was likely inspired by spice mixes used in India for pickling fruits and vegetables. You can find it online or in Caribbean markets. (Photo: page 74.)

- 1 head garlic, cloves separated and peeled
- 2-3 Scotch bonnet chile peppers *(see Tip, page 77) or* other hot red peppers, stemmed
- ¼ cup safflower oil
- ⅓ cup amchar masala
- ½ teaspoon kosher salt
- 3 cups grated peeled green mangoes (from about 5 small *or* 4 large)
- ½ cup food-grade mustard oil *(see Tip, page 101)*

1. Pulse garlic and chiles in a food processor to the consistency of wet sand. Heat safflower oil in a large skillet over medium-low heat. Add the garlic mixture and cook, stirring, for 1 minute. Add amchar masala and salt and mix well.
2. Put mangoes in a large bowl. Add the garlic mixture and mix well. Stir in mustard oil and mix thoroughly. Serve immediately or transfer to a glass jar and refrigerate for up to 1 week.

MAKES: 3 cups (analysis per Tbsp.)
Cal 52 **Fat** 4g (sat 0g) **Chol** 0mg **Carbs** 5g **Total sugars** 5g (added 0g) **Protein** 0g **Fiber** 1g **Sodium** 20mg **Potassium** 58mg.

Baigan Chokha (Roasted Spiced Eggplant)

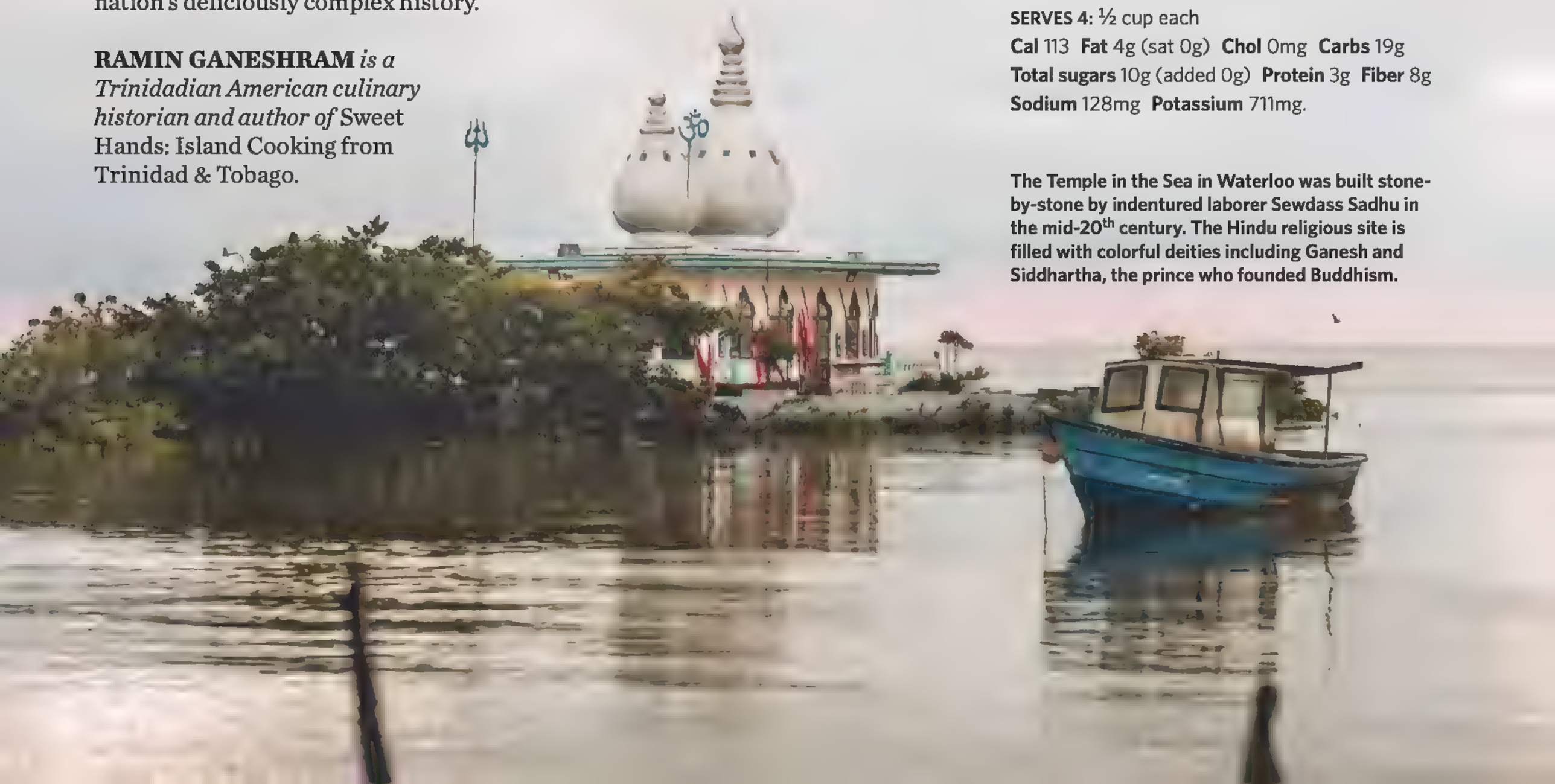
ACTIVE: 30 min **TOTAL:** 35 min

The term "chokha" in Hindi means "tempering" and largely refers to a collection of dishes that feature roasted vegetables that are mashed or pureed. In Trinidad, "chokha" has come to mean "mashed" and applies to a variety of recipes for vegetables that are roasted or scorched in hot oil or even braised, then mashed and eaten with roti or bake, the local fry bread.

- 2 large eggplants (about 2 pounds total)
- 1 tablespoon safflower oil
- ½ medium onion, chopped
- 2 cloves garlic, minced
- 1 small tomato, chopped
- ½ Scotch bonnet chile pepper *(see Tip, page 77)*, seeded and minced
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1 tablespoon coarsely chopped fresh culantro *(see Tip, page 101) or* cilantro

1. Preheat grill or broiler to high.
2. Pierce eggplants all over with a fork and place on a rimmed baking sheet. Grill or broil, turning frequently, until completely charred and soft, about 20 minutes. Let cool for 5 minutes. Scrape out the flesh (discard the skins).
3. Heat oil in a large skillet over medium heat. Add onion and cook, stirring often, until translucent, about 3 minutes. Add garlic; cook, stirring occasionally, until dark golden brown, about 1 minute. Stir in tomato and chile; cook, stirring, for 2 minutes. Stir in the eggplant flesh, salt and pepper; cook, breaking up the eggplant with a wooden spoon, until hot, about 2 minutes. Serve topped with culantro (or cilantro).

SERVES 4: ½ cup each
Cal 113 **Fat** 4g (sat 0g) **Chol** 0mg **Carbs** 19g **Total sugars** 10g (added 0g) **Protein** 3g **Fiber** 8g **Sodium** 128mg **Potassium** 711mg.



The Temple in the Sea in Waterloo was built stone-by-stone by indentured laborer Sewdass Sadhu in the mid-20th century. The Hindu religious site is filled with colorful deities including Ganesh and Siddhartha, the prince who founded Buddhism.

Baigan Chokha

Caraili (Sautéed Bitter Melon)

ACTIVE: 45 min **TOTAL:** 2¼ hrs (including soaking time)

Caraili, called kerala in India, is a type of bitter melon, a standard vegetable in the East Indian diet. It is light green and resembles a knobby-skinned cucumber. If you like radicchio, broccoli rabe or other bitter vegetables, you'll find caraili appealing as well. It is readily available in Asian and Middle Eastern markets. If your caraili are on the large side, cut them in half lengthwise and discard the seeds. Salted codfish is a common ingredient in the Caribbean—brought to the islands as part of the Atlantic trade. It introduces enough salt to the dish, so no extra is called for. For a vegetarian version, omit the salted cod and add a pinch of salt.

- **5 ounces salted cod fillet**
- **3 tablespoons safflower oil, divided**
- **1 pound caraili (2 medium), trimmed and sliced ¼ inch thick**
- **1 small onion, chopped**
- **1 clove garlic, minced**
- **¼ teaspoon nigella seeds *(see Tip, page 101)***
- **1 medium tomato, seeded and chopped**
- **¼ Scotch bonnet chile pepper *(see Tip, page 77)*, seeded and minced**
- **⅓ cup water**
- **½ teaspoon ground pepper**

1. Place cod in a large bowl and cover with 2 cups boiling water. Let soak for 30 minutes. Drain and rinse with cold water. Return the cod to the bowl and add enough cold water to cover it; let stand for 1 hour. Drain, then shred the cod with a fork, picking out any small bones.

2. Heat 1 tablespoon oil in a large skillet over medium heat. Add half the caraili slices and cook, flipping once, until golden brown, about 2 minutes per side. Transfer to a paper-towel-lined plate. Repeat with another 1 tablespoon oil and the remaining caraili.

3. Add the remaining 1 tablespoon oil to the pan and heat over medium heat. Add onion and cook, stirring occasionally, until translucent, about 3 minutes. Add garlic and cook, stirring, until golden brown, about 30 seconds. Add nigella seeds and cook, stirring, until they begin to pop, about 15 seconds. Add tomato and chile and cook, stirring occasionally, for 2 minutes. Stir in the cod and cook, stirring occasionally, for 3 minutes. Return the caraili to the pan along with water and pepper. Reduce heat to medium-low, cover and cook until the caraili is soft, about 15 minutes.

SERVES 4: 1 cup each

Cal 162 **Fat** 11g (sat 1g) **Chol** 28mg **Carbs** 8g **Total sugars** 2g (added 0g) **Protein** 10g **Fiber** 4g **Sodium** 353mg **Potassium** 530mg.

Plan Your Trip

Where to eat, what to do and where to stay when you visit Trinidad. Due to the complicated nature of travel during the pandemic, check local travel restrictions before you make arrangements.

■ Seek out the food truck that frequents **Carlsen Field** in Chase Village, Chaguanas. What to order? Try saheena, fritters made with dasheen (taro) leaves plastered in a spiced chickpea batter that are rolled, sliced and fried; or baiganee, deep-fried battered eggplant similar to Indian pakora.

■ For the nation's most popular snack, head to **Araby Ali's Doubles** in Barataria. The Alis have been cooking them up since the 1930s.

■ **Krishna's, in Debe,** is known for its sweet treats. A few to try include coconut fudge; toolum, a specialty of the island made with sweetened spiced tamarind pulp; and kurma, crunchy finger-size crackers dipped in sugar syrup.

■ For a crash course in Indo-Caribbean culture, head to **Chaguanas' Main Road** where you can visit a variety of jewelry stores selling locally made Indian-style gold designs. **India Heights** offers costume jewelry as well as puja items for Hindu rites, such as incense, diyas (small clay lamps), statues of Hindu gods and more.

■ Don't miss the **Hanuman Murti** in Carapichaima, an 85-foot-tall statue of the Hindu Monkey Headed warrior god *(pictured here)*, the largest outside of India.

■ Experience traditional charm with a stay at **Pax Guest House,** at Mount Saint Benedict in St. Augustine. Located on the grounds of a Benedictine monastery, this mountaintop boutique hotel is known for its tea service and commanding views of the island. Just 30 minutes west of the capital city of Port of Spain, the guesthouse is located ideally for travel north or south.

MISO

This fermented bean paste has been a staple in Japan for more than 1,300 years. Cookbook author and cooking teacher **Sonoko Sakai** shares her passion for miso along with recipes for everything from soup to carrot cake.

BY SONOKO SAKAI ■ PHOTOS BY RICK POON

Yasai-To-Tofu-no-Misoshiru (Hearty Miso Soup with Vegetables & Tofu), page 88

LOVE

every morning for nearly 40 years, I've made fresh miso soup for my family.

I prepare enough dashi for the whole week and keep it in the fridge, so I am already halfway there. I pour the dashi in a pot, bring it to a boil, add sliced daikon or broccoli or whatever veggie scrap I find in the fridge, then turn down the heat, add cubes of soft tofu and cook just until they're warmed though. While that's happening, I dissolve some miso in dashi and stir it in to the pot. The soup gets ladled into bowls and sprinkled with sliced scallions and a pinch of shichimi pepper. It's ready in no time. Miso soup is my husband's coffee alternative. It's what I eat instead of toast. It gets our engines running. Just like the millions of Japanese people who practice this ritual, our breakfast is not complete without it.

Sakai tends a three-tiered garden at her Southern California home, where she grows everything from Oro Blanco grapefruit and lavender to napa cabbage and daikon. She says, "I believe that the cycle of cooking begins and ends in the garden."

I like to think it's my homemade miso that makes it taste so good. I first learned how to make it by watching my mother. She packed cooked and mashed soybeans, rice that had been inoculated with a beneficial mold called koji-kin *(Aspergillus oryzae)* and sea salt into a crock and walked it down to our basement. She would periodically stir the mixture, ultimately letting it ferment for between six months and two years. Perhaps not a hobby you want to take on unless you are willing to wait and are curious like me. Whenever she wasn't looking, I would go down to the basement, open the crock and stick my finger into the pot for a lick. It was the most divine lick, better than peanut butter or frosting. I was hooked.

But miso is much more than a soup. It is a versatile seasoning that finds its way into so many of my dishes: thinned with vinegar and oil to make a nutty dressing, combined with sake to tenderize meat and seafood, smeared on rice balls *(see page 86)* or how about adding a bit to your carrot cake's cream cheese frosting for a hint of caramel-corn-like flavor? Miso can be bold and present or used as a hidden flavor enhancer, called kakushi-aji in Japanese—a term for a seasoning that balances out the flavors and brings harmony to the whole dish. Add a dollop to your pasta sauce to give it a punch of umami and you'll wonder why you haven't done it your entire life.

Presently, I have three crocks of miso fermenting, labeled March 2020. They have been sequestered in the corner of my pantry since the pandemic began. My habit of sticking my finger in the pot continues. I taste salty, tangy, earthy, toasty, strawberries and lots of umami, perhaps like Parmesan cheese. It's a hauntingly delicious living food. It's the best miso I've ever made. Sorry to brag. Incidentally, we have a Japanese phrase for that, too: "temae miso," or "my homemade miso," which is used when you want to show off something you are proud of, but don't want to be boastful. It can be anything you nurtured with your hands. Miso is mine.

SONOKO SAKAI *is the author of* Japanese Home Cooking. *Follow her on Instagram at @sonokosakai.*

A large 2021 Japanese study linked higher consumption of **fermented soy foods, like miso,** with a 10% lower risk of early death.

Yakimiso (Toasted Miso) and Tofu-no-Misozuke (Miso-Marinated Tofu),

Once you've mastered this recipe, **you can play around with different toppings.** Try sprinkling the onigiri with cheese after you brush on the miso mixture in Step 4, or top the finished ones with mayonnaise, flaked salmon and chopped chives.

Miso Yakionigiri
(Grilled Miso Rice Balls)

ACTIVE: 20 min **TOTAL:** 1 hr

There is a long tradition of grilling in Japan—even rice, which is shaped into balls (onigiri) and brushed with lightly sweetened miso. The shape is a matter of preference. In my family, we always make them triangular but you can also form them into rounds or ovals. Be sure to use sticky short- or medium-grain rice; the long-grain kind will not hold together. Serve them right off the grill, while they are still hot and crispy.

- **1½ cups water**
- **1 cup white short-grain rice (sticky rice)**
- **2 tablespoons red miso**
- **1½ teaspoons mirin**
- **1 tablespoon light sesame oil**
- **2 tablespoons toasted sesame seeds**

1. Bring water and rice to a boil in a medium saucepan over high heat. Reduce heat to maintain a simmer, cover and cook until the rice is tender and no water remains, about 20 minutes. *(Alternatively, cook rice in a rice cooker according to the manufacturer's directions.)* Fluff the rice and let stand until cool enough to handle.

2. Meanwhile, combine miso and mirin in a small bowl. Set aside.

3. Divide the cooled rice into 6 equal portions, about ½ cup each. Using wet hands (or a small bowl), press each rice portion into a ball, oval or triangle shape. Brush one side of each rice ball using half of the sesame oil.

4. Preheat grill to medium-high. Grill the onigiri, oiled-side down, until crisp and slightly toasted, about 5 minutes. Brush the second side with the remaining sesame oil, flip and cook for 5 minutes more. Brush the reserved miso mixture on the onigiri tops and continue grilling until the miso is slightly set and the bottom is golden and crispy, about 2 minutes more. Sprinkle with sesame seeds and serve immediately.

SERVES 6: 1 each

Cal 136 **Fat** 4g (sat 1g) **Chol** 0mg **Carbs** 21g **Total sugars** 1g (added 0g) **Protein** 3g **Fiber** 1g **Sodium** 249mg **Potassium** 32mg.

Chicken Miso Curry

ACTIVE: 35 min **TOTAL:** 55 min

TO MAKE AHEAD: Refrigerate curry roux (Step 1) for up to 1 month or freeze for up to 4 months. Bring to room temperature before using.

If you make the curry roux ahead of time, you can add it to broth or water like bouillon.

- **3 tablespoons unsalted butter**
- **3 tablespoons all-purpose flour**
- **1 tablespoon Japanese curry powder *(see Tip)***
- **2 tablespoons canola oil, divided**
- **1 medium yellow onion, coarsely chopped**
- **1 pound boneless, skinless chicken thighs, trimmed and cut into 1½-inch pieces**
- **2 cloves garlic, minced**
- **1 teaspoon grated fresh ginger**
- **2 medium potatoes, peeled and cut into ½-inch pieces**
- **1 medium carrot, diced**
- **1 medium green bell pepper, sliced**
- **1 spicy chile pepper, such as serrano *or* Thai chile, seeded and minced (optional)**
- **3 cups low-sodium chicken broth**
- **1 tablespoon red miso**
- **1 teaspoon reduced-sodium soy sauce**
- **1 teaspoon rice vinegar**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**

1. Melt butter in a small saucepan over medium heat. Add flour and stir constantly until the roux becomes a light blonde color, about 2 minutes. Remove from heat and stir in curry powder. Transfer to a small heatproof container.

2. Heat 1 tablespoon oil in a large pot over medium-high heat. Add onion and cook, stirring occasionally, until starting to brown, about 3 minutes. Push the onion to one side and add the remaining 1 tablespoon oil. Add chicken and cook, stirring occasionally, until no longer pink on the outside, about 2 minutes. Add garlic and ginger and cook, stirring, for 1 minute. Add potatoes, carrot, bell pepper and chile, if using. Cook, stirring occasionally, for 2 minutes.

3. Add broth and scrape up any browned bits with a wooden spoon. When the broth begins to simmer, reduce heat to medium-low and stir in the curry roux, miso, soy sauce, vinegar, salt and pepper. Simmer, stirring occasionally, until the chicken is cooked through and the vegetables are tender, about 15 minutes.

SERVES 4: 1¾ cups each

Cal 434 **Fat** 22g (sat 8g) **Chol** 129mg **Carbs** 31g **Total sugars** 5g (added 0g) **Protein** 30g **Fiber** 4g **Sodium** 705mg **Potassium** 878mg.

TIP: Japanese curry powder tends to be on the mild side. Sonoko sells her own blend at *sonokosakai.com* or she recommends S&B Oriental Curry Powder.

Kyuri-no-Asazuke
(Quick Sesame Cucumber Pickles)

ACTIVE: 5 min **TOTAL:** 5 min

The acidity of these pickles pairs nicely with this rich curry, miso-glazed fish or teriyaki chicken. Radishes or carrots work in place of the cucumbers as well.

- **2 mini cucumbers, sliced into ¼-inch rounds**
- **½ teaspoon kosher salt**
- **½ teaspoon granulated sugar**
- **1 lime *or* ½ lemon**
- **½ teaspoon toasted sesame seeds**
- **Pinch of shichimi togarashi**

Sprinkle cucumbers with salt and sugar in a medium bowl. Massage until slightly softened, 1 to 2 minutes. Squeeze lime (or lemon) over the cucumbers and toss to combine. Sprinkle with sesame seeds and shichimi.

SERVES 4: generous ¼ cup each
Cal 11 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 3g
Total sugars 1g (added 1g) **Protein** 0g **Fiber** 0g
Sodium 242mg **Potassium** 63mg.

There are endless varieties of miso, made with different grains and beans—including rice, barley, millet, soybeans and chickpeas. **It ranges in color from white to red;** the former tends to be sweet and mild while the latter usually has a stronger flavor.

Yasai-To-Tofu-no-Misoshiru (Hearty Miso Soup with Vegetables & Tofu)

ACTIVE: 35 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate the dashi (Step 1) for up to 3 days.

Miso soup can be enjoyed any time of the day, but it is traditionally a Japanese breakfast soup. Many restaurants serve it with just a few morsels of seaweed and tofu, but at home, miso soup can be hearty, packed with just about any vegetable. You can skip the process of making the dashi and use low-sodium broth instead. (Photo: page 82.)

DASHI

- **5½ cups water**
- **1 4-inch square kombu**
- **3 cups (20 grams) bonito flakes**

MISO SOUP

- **2 tablespoons light sesame oil**
- **½ medium onion, halved and sliced ¼ inch thick**
- **2 medium carrots, sliced ¼ inch thick**
- **6 ounces sweet potato, preferably satsuma, diced (¼-inch)**
- **4 ounces daikon, peeled, quartered and sliced ¼ inch thick**
- **3 ounces shiitake mushrooms, stems removed, sliced ¼ inch thick**
- **4 tablespoons red *and/or* white miso**
- **8 ounces soft *or* medium-firm tofu, cut into ¼-inch cubes**
- **2 scallions, sliced**
- **½ teaspoon grated lemon zest**
- **Shichimi togarashi for garnish**

1. To prepare dashi: Heat water and kombu in a large pot over medium heat until bubbles begin to form around the kombu, 5 to 10 minutes. Remove the kombu, continue cooking until the water comes to a boil, then remove from heat. Add bonito flakes and let stand for 2 minutes. Strain the dashi through a fine-mesh sieve into a large glass measuring cup or heatproof bowl. (Do not press the bonito flakes while straining as it will cloud the dashi.) You should have 5 cups.

2. To prepare miso soup: Heat oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until soft, about 5 minutes. Add carrots, sweet potato, daikon and shiitakes. Cook, stirring occasionally, until the vegetables start to soften, about 5 minutes. Add 4¾ cups of the dashi and bring to a boil over medium-high heat. Reduce heat to maintain a simmer and cook until the vegetables are soft, about 6 minutes.

3. Pour the remaining ¼ cup dashi into a small bowl and whisk in miso. Add the miso mixture and tofu to the soup and stir. Serve the miso soup topped with scallions and lemon zest and garnished with shichimi, if desired.

SERVES 4: 2 cups each

Cal 202 **Fat** 11g (sat 1g) **Chol** 0mg **Carbs** 19g **Total sugars** 7g (added 0g) **Protein** 9g **Fiber** 4g **Sodium** 807mg **Potassium** 424mg.

Yakimiso (Toasted Miso)

ACTIVE: 15 min **TOTAL:** 15 min

This mixture of buckwheat groats, miso, walnuts and chives is traditionally toasted on a wooden rice paddle and nibbled with chopsticks while sipping sake and waiting for the noodles to cook at soba restaurants. (Here, we broil it on a foil-lined pan for ease.) Serve with crackers or crudités, if desired. For a more Western-style dip, skip the broiling step and stir the mixture into 1 cup sour cream or plain yogurt. (Photo: page 85.)

- **2 tablespoons buckwheat groats, toasted**
- **2 tablespoons white miso, preferably Saikyo *(see Tip)***
- **2 tablespoons finely chopped walnuts**
- **1 tablespoon minced fresh chives**
- **1 tablespoon mirin**
- **2 teaspoons granulated sugar**
- **½ teaspoon grated yuzu, lemon *or* lime zest**

1. Preheat broiler to high. Line a baking sheet with foil.

2. Combine buckwheat, miso, walnuts, chives, mirin, sugar and zest in a small bowl. Spread in a thin layer on the foil. Broil on the center rack until the surface is lightly toasted, about 2 minutes.

SERVES 6: about 2 tsp. each

Cal 50 **Fat** 2g (sat 0g) **Chol** 0mg **Carbs** 7g **Total sugars** 3g (added 1g) **Protein** 1g **Fiber** 1g **Sodium** 157 **Potassium** 23mg.

TIP: Saikyo miso is a mild, white variety that is made in Kyoto; it can be purchased at Japanese markets or online.

Tofu-no-Misozuke (Miso-Marinated Tofu)

ACTIVE: 15 min **TOTAL:** 2½-4½ days

TO MAKE AHEAD: Refrigerate for up to 4 days.

If you think tofu tastes bland, try pressing it and marinating it in miso. The process changes its texture into something that resembles soft cheese—creamy and spreadable with a subtle tang. The longer you marinate, the firmer and tangier it becomes. Incredibly versatile, you can serve it on toast or rice, pan-fry it in oil until crispy or serve over a salad with a vinaigrette. (Photo: page 85.)

- **1 pound medium-firm tofu**
- **3 tablespoons red *or* white miso**
- **1 tablespoon mirin**
- **1 teaspoon grated ginger juice *(see Tip)***

1. Wrap tofu in a paper towel and place on a plate. Place another plate on top to apply pressure. Refrigerate, replacing the paper towel twice, until the tofu is dry and firm, 6 to 8 hours.

2. Whisk miso, mirin and ginger juice in a small bowl. Unwrap the tofu and wrap in a fresh paper towel or layer of cheesecloth. Smear half the miso mixture in a medium container. Put the wrapped tofu on top and smear the remaining miso mixture all over it. Cover and refrigerate for 2 to 4 days.

3. To serve, unwrap the marinated tofu and discard the paper towel (or cheesecloth) and cut the tofu into ¼-inch-thick slices.

SERVES 5: about 3 oz. each

Cal 78 **Fat** 2g (sat 0g) **Chol** 0mg **Carbs** 4g **Total sugars** 0g (added 0g) **Protein** 12g **Fiber** 3g **Sodium** 82mg **Potassium** 0mg.

TIP: There are tools you can buy specifically to make ginger juice but you can use a microplane: Grate peeled ginger and transfer to a small fine-mesh strainer or cheesecloth; squeeze or press the juice with a spatula into a small bowl. *(Alternatively, you can use bottled ginger juice.)*

Carrot Cake with Miso Cream Cheese Frosting

ACTIVE: 30 min **TOTAL:** 2 hrs 10 min

EQUIPMENT: Parchment paper

When I moved to Los Angeles from Tokyo, my mother took us to a diner where she ordered us carrot cake for the first time. She was always encouraging us to try things, but a vegetable cake? I was skeptical at first, but when I took the first bite, I fell in love. Soon, I began making my own. I'd never baked with any of these ingredients before, so I felt a little more American every time. Later in my life, the Japanese in me wondered about adding miso to the frosting—after all, mochi sweets are often flavored with miso. I found it offsets the sweetness and gives it a punch of umami. I like to use both white and red miso. Since the flavor of miso varies, start small, taste and adjust to suit your palate.

CAKE

- ¾ cup all-purpose flour
- ½ cup whole-wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 large eggs, at room temperature
- ½ cup buttermilk, at room temperature
- ½ cup packed light brown sugar
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- ⅓ cup coconut oil, melted
- 2 cups grated carrots
- ½ cup walnuts, toasted, plus more for garnish (optional)

FROSTING

- 8 ounces cream cheese, softened
- 2 tablespoons unsalted butter, at room temperature
- 1-2 tablespoons red miso
- 1 cup confectioners' sugar
- 1 teaspoon vanilla extract

1. To prepare cake: Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray. Line the bottom with parchment paper and coat it with cooking spray.

2. Whisk all-purpose flour, whole-wheat flour, cinnamon, ginger, nutmeg, baking powder, baking soda and salt in a medium bowl. Beat eggs, buttermilk, brown sugar, granulated sugar and vanilla in a large bowl with an electric mixer until well combined, about 2 minutes. Beat in coconut oil in a slow stream. Whisk in the flour mixture in 3 additions; beat until just combined. Fold in carrots and walnuts (if using). Scrape the batter into the prepared pan.

3. Bake the cake, rotating the pan halfway through, until a toothpick inserted in the center comes out clean, 35 to 40 minutes. Let cool in the pan for 10 minutes. Run a knife around the edges and turn the cake out onto a wire rack to cool completely, about 50 minutes. Peel off the parchment paper.

4. To prepare frosting: Beat cream cheese, butter and miso to taste in a large bowl with an electric mixer until smooth, about 2 minutes. Add confectioners' sugar and vanilla; beat on low speed for 30 seconds, then increase speed to high and beat until combined, about 30 seconds more. Frost the cooled cake. Garnish with walnuts, if desired.

SERVES 12: 1 piece each

Cal 317 **Fat** 16g (sat 10g) **Chol** 56mg **Carbs** 41g **Total sugars** 29g (added 27g) **Protein** 4g **Fiber** 1g **Sodium** 337mg **Potassium** 150mg.

STYLING: RICK POON (PHOTO, FOOD, PROPS), SONOKO SAKAI (FOOD)

WHO

There's a mounting crisis in agriculture that isn't often talked about: at an average of nearly 60 years old, many U.S. farmers are aging out of the business, and younger generations have been slow to step in, leaving a troubling gap. *EatingWell* looks at what's being done to safeguard our food system.

BY BARRY ESTABROOK | PHOTOGRAPHY BY NATE RYAN

FOR THE BETTER PART OF A DECADE, JOEL TALSMA'S CAREER PATH LED HIM AWAY FROM THE FAMILY FARM.

Like many rural kids, he yearned for a steady, salaried position—anything but the financial uncertainties and unrelenting work that his father and grandfather endured on their land in southwestern Minnesota.

After graduating from the University of Minnesota with a degree in agricultural education and spending time in the National Guard, including a tour of duty in Iraq, he became a grain buyer at a large agricultural co-op in St. Paul. But Talsma found the desk job and life in the suburbs unfulfilling, and realized he longed to work the land. Today, he's right back in the house where he grew up. The 36-year-old farms roughly 480 acres full time, including some of his father's land.

Talsma is an exception—bucking a trend that should concern anyone who eats. Put simply, American agriculture is in the throes of a demographic catastrophe. The men and women who produce our food are an old group and getting older. In 2017 (the most recent year for which census data is available from the U.S. Department of Agriculture), the average age of the head of a farm was just shy of 60—nearly a decade older than it was in 1978, and two decades older than the current average factory worker. One in three farmers is over the age of 65. And the problem is worsening. Although the ranks of young farmers like Talsma went up by 2% between 2012 and 2017, that increase was dwarfed by the growth in farmers 65 or older, whose numbers rose by 11%.

"Those census numbers should be a call to action," says Sophie Ackoff, co-executive director of the National Young Farmers Coalition, a 3,000-member organization with 50 grassroots chapters across the nation. "The recent small uptick in the number of young farmers, however hopeful, is not nearly enough to replace those who are retiring. The country needs more young producers to ensure a healthy food system. We have a crisis of attrition as farmers retire with no successor in place." Her organization has found that only 10%

of farmers surveyed had succession plans. Which raises the question: When this older generation is gone, who will feed us? According to land-use experts at the coalition, the country could face food shortages.

Another critical question: Why aren't more young people interested in farming? For one thing, they enter a career with greater challenges than those their parents confronted. The primary one, according to Ackoff, is the surging cost of cropland, which, over the last two decades, has more than doubled to an average of $4,420 per acre—far outstripping the rate of inflation and growth in farm revenues. In addition, because of climate change, these producers face more financial uncertainty. According to the Environmental Protection Agency, increases in the frequency and severity of both floods and droughts brought about by our ever-warming planet are making it more difficult to grow crops and raise livestock. Hotter summer weather in the Midwest is threatening corn and soybean production—which accounts for 85% of the region's crop sales—as well as the fruits and vegetables that are trucked to grocery stores. Weeds, pests and pathogens that thrive in warmer temperatures and wetter summers are reducing crop yields and necessitating heavier applications of expensive pesticides. In California, water shortages have forced growers to let more than 1 million once-productive acres go fallow. And then there are the ever-present challenges of making a living off the land: excruciatingly long hours, no paid vacations (or often vacations of any sort), the risks of performing one of the most dangerous jobs in the country—and at the end of the year, the real prospect that your efforts will generate little or no profit.

Many of Talsma's relatives and childhood friends joined the ranks of young people who leave the farm. "Your income can vary widely from one year to the next, unlike most other jobs where you know how much to expect. If you don't like risk and uncertainty, you are not going to enjoy farming," he says. "Even at the best of times, you have to be comfortable with always being financially strapped. You have to accept that your wealth will be tied up in land, machinery and other assets. And there are so many factors, like the weather, over which you have no control."

Joel Talsma *(above and opposite, right)* is among the few young farmers stepping in for older generations like his 71-year-old father, Glen *(opposite, left)*.

SAFEGUARDING OUR FOOD SYSTEM

Recognizing the severity of the situation, farm organizations, tech companies and the U.S. government have initiated a variety of programs to encourage more young people to choose careers in agriculture. As part of its mission to "shift power and change policy to equitably resource our new generation of working farmers," Ackoff says the National Young Farmers Coalition has flown members from across the country to Washington, D.C., to lobby for student-loan forgiveness for those pursuing agricultural careers, as well as tax incentives to make it easier to transfer land between generations. At the federal level, the most recent farm bill gave historic funding for programs that offer loans to beginning farmers. Food companies are stepping in too. One example: Niman Ranch, which sells sustainably raised pork, beef and lamb. It provides free sows (mom pigs) to novice farmers and guarantees that it will purchase any hogs they produce. It also offers financial support for sustainable farming practices, including establishing pollinator habitats. And its

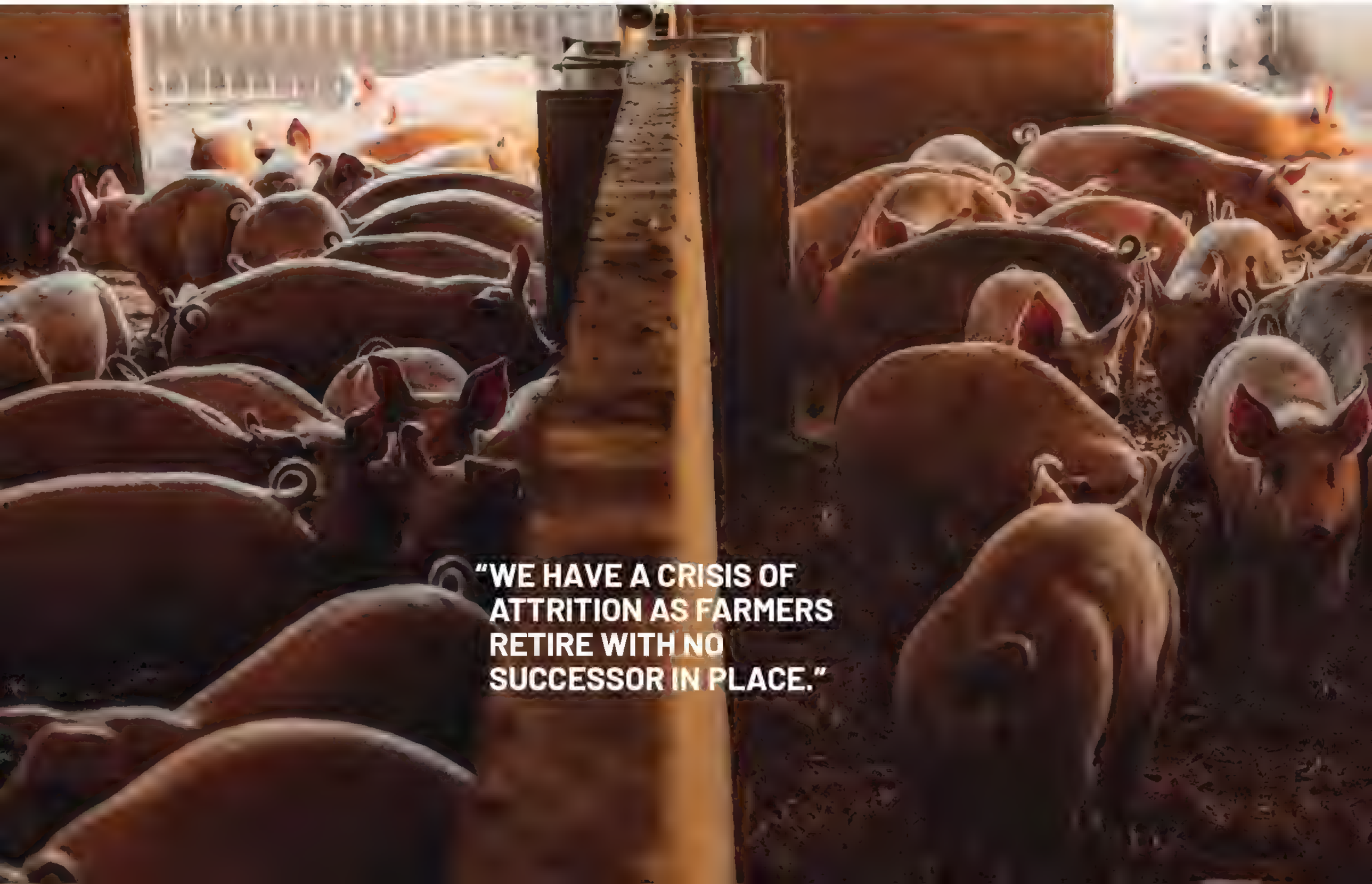
requirement that all Niman hogs be raised on open pasture or in large, airy hoop barns leads to much more pleasant and healthful working conditions than those found in the fetid confinement barns where conventional pigs are housed. All these differences appeal to younger farmers. The results have been striking. Since the 1990s, the average age of a Niman farmer has dropped from 58 to 43 and continues to decline.

Talsma serves as an example that efforts to keep young farmers on the land can work. His transition from a 9-to-5 lifestyle to full-time farming was gradual. He started by raising beef cattle on some pastures belonging to his father. With a loan from the USDA's Farm Service Agency designed specifically for young farmers, he purchased 160 acres of cropland and planted it with corn, soybeans and alfalfa, which he sells on the commodity market. Over the years, his cattle herd expanded. Then he added sheep and hogs. In 2018, seven years after leaving his St. Paul desk job, he bought more land from his parents.

"Being the son of a farmer gave me many advantages over someone without an agricultural background," Talsma says. "Experience raising cattle and growing crops qualified me for low-interest loans to buy land. My father was able to extend temporary financing until those loans came through." He also had use of a corn planter, manure spreader, skid loader, tractor and combine that his father owned—a huge financial help, since a new combine alone can cost $500,000 or more. "To buy the land and equipment from scratch would have been super capital-intensive. I'm not going to claim it's impossible," Talsma says, then trails off into a long and meaningful, "but ..."

LEANING ON NEXT-GEN PRACTICES

Hand-me-down equipment aside, this is definitely not his father's farm. Talsma has repudiated what he describes as a common fallacy of modern agriculture: that you have to specialize in one species of livestock or a single cash crop. He did the opposite. In addition to corn, alfalfa and soybeans, he produces 750 hogs, 150 lambs and 300 cattle a year. He further specializes by raising 25 of his cattle as grass- and forage-fed only, instead of finishing them on corn. It's a boutique effort that generates higher profit margins than his corn-finished cow operation. His sheep receive no antibiotics, which means he can sell them for a premium price to Superior Farms, a California-based sustainable-meat company. His hogs are raised in accordance with the stringent animal-welfare regulations of Niman Ranch, which forbids the use of antibiotics and buys the pigs at a guaranteed, premium price that assures profitability in the volatile pork market. Essentially, every aspect of Talsma's farm has been maximized in ways never used by his father and grandfather. "Rarely do we have a time when



"WE HAVE A CRISIS OF ATTRITION AS FARMERS RETIRE WITH NO SUCCESSOR IN PLACE."

a pen or shed is empty around here," he says.

Like many farmers of his generation, Talsma is acutely aware of environmental concerns and sees agriculture as a way to help. He grows cover crops instead of leaving his land bare during the winter months. This prevents erosion and improves the fertility and structure of his soil, with the added benefit of providing food for his animals, whose manure, in a virtuous cycle, further enhances his fields. Healthy soil is key because it has the ability to sequester carbon dioxide from the atmosphere, which plants draw in through their roots.

Jesse and Caroline McDougall, ages 43 and 35, are also breaking with traditional methods and adopting new conservation practices to make inexpensive, worn-out land productive. They had almost no experience farming when acreage that had been in Caroline's family for four generations became available. The tract, a few hundred acres set among the rolling hills of southern Vermont, sustained a traditional New England dairy until the mid-1960s, when it proved financially untenable. (The number of dairy farms in the state has decreased by 84% since then.) For a time, Caroline's aunt boarded horses on the land and sold riding equipment. When she died in 2012, family members held a meeting on the future of the land. Jesse and Caroline, who had jobs as website developers, stepped forward and "asked for them to give us a shot," says Jesse.

Supporting sustainable agriculture—such as raising animals in a more environmentally responsible and humane way—is a draw for young farmers.

Initially, the neophytes' efforts resulted in disaster. For decades, Caroline's aunt had rotated corn and hay through the fields and maintained the appearance of lushness with plentiful applications of chemical fertilizers and herbicides. Jesse put an end to that practice, fearing that they may have brought about Caroline's aunt's premature death from cancer. (He said she loved the sweetish smell of the herbicide Roundup.) Untreated, the fields reverted to what Jesse describes as gravel pits. "You could walk from one end to the other and not step on a blade of grass. Nothing grew there," he says.

If they were going to depend on the farm financially, they would have to find a way to make that barren soil productive. Their ignorance became an asset. Jesse watched a TED Talk by Allan Savory, a controversial advocate of a type of agriculture called regenerative grazing. Flying in the face of conventional wisdom, Savory advocates keeping cows and sheep confined in small clusters and moving them frequently to areas of fresh grass, mimicking their natural herding and grazing instincts. The tightly packed animals trample the weeds and provide manure to fuel the growth of grasses after they are moved to the next paddock. Most range scientists advise doing the opposite.

Out of desperation, the McDougalls decided to give Savory's methods a try. After all, they had nothing to lose. As a test run, they bought a few dozen chickens and kept them in a 10-by-10-foot pen, which they moved across the stony ground twice a day. The change was remarkable and nearly instantaneous. By the end of the summer, the strip of field the birds had worked looked like someone had rolled a lush, green carpet over it. The chickens had scratched through the hard crust of the soil, fertilized the ground with their droppings, and left behind a thatch of dead weeds that acted as a mulch and helped the soil retain moisture.

Today, that land provides a living for the McDougalls and their two young kids. Fields that once barely fed a dozen horses

now support 200 sheep, also raised according to regenerative principles. The ground has become so fertile that the McDougalls could easily add more animals if they had buyers for them. The costs of agrichemicals, which once amounted to more than $20,000 a year, have dropped to zero, and the unspent money goes toward the salary of one full-time and one part-time employee. "By managing our animals in this way, we've converted a negative feedback loop, where the land deteriorated, into a positive one where everything gets stronger each year," says Jesse, who now makes a side income consulting with other farmers wanting to transition to regenerative practices.

Like Talsma, the McDougalls have concentrated on maximizing profits through various revenue streams. It's an important business model that younger generations, used to operating in the gig economy, understand well—and a potential draw for those considering getting into the business. To get the most value out of their farm products, the McDougalls sell their goods directly to customers through a website instead of selling them to wholesalers and other middlemen. When Jesse found out that the slaughterhouse that processed his sheep threw their skins in the trash, he took them and made a deal with a nearby environmentally friendly tannery. He now sells the hides himself, earning as much from what was once a waste product as he does from the meat. "Every farm has something untapped that can be done to make it more viable," he says.

THE DRAW OF TECH

If doing good for the planet, not to mention being profitable, could entice a new breed of farmers, agricultural tech companies, such as Indigo Ag and Granular, Inc., know that state-of the-art technology—which allows farmers to increase crop production, accurately monitor yields and apply the ideal amount of fertilizer over vast stretches of land from behind an office desk while maximizing profits—is another way to lure those who are far more comfortable in the world of computers than their parents. People like Kasey Bamberger, 29. She graduated from college in 2013 with a major not in soil science or livestock management, but in business, and came back home, joining her father, grandfather, cousin, uncle and two dozen other employees at Bryant Agriculture Enterprise, which grows corn, soybeans and wheat on 20,000 acres in southwestern Ohio. Today, she and her cousin, Heath Bryant, who is 10 years older, run the organization. He oversees field work, she is responsible for finance and adopting the electronic systems that are now critical to the farm's prosperity.

With the help of Granular Inc., a 7-year-old San Francisco-based agricultural software company, Bamberger manages data from every one of the more than 130 separate fields without leaving her desk. The software tracks fertilizer applications and seeding rates, and gives her real-time information about what's going on in the fields—from rainfall and exact tillage depth to the number of hours employees spend working each area of land—along with total crop yields and, ultimately, the profit. "Instead of one size fits all, I can manage each field individually. And I could manage one of them 50 miles away as if it was right outside my office window," she says. "We have always been progressive here, even in my grandfather's day. You can't farm tomorrow like you do today."

She also works with Indigo Ag, a Boston-based farm-tech company that sells microbial treatments—not chemicals—for seeds that help produce plants with drought tolerance and high yields. Bamberger introduced the new crops to some of her fields and is conducting side-by-side trials with acreage of untreated seed to compare results. She is also experimenting with a chemical produced by Sound Agriculture, an Emeryville, California, company. It's a spray, applied to the leaves of corn,

that stimulates natural soil microbes to help the plants more efficiently use the important nutrients nitrogen and phosphorus already in the soil, reducing the need for fertilizers.

Bamberger is taking steps in the direction of regenerative practices, as well, but with a high-tech twist. Working with Indigo, she is embarking on carbon trading. The company's program allows her to quantify the amount of carbon her crops draw down from the atmosphere and sequester in the soil as well as the emissions avoided by adopting climate-friendly practices, such as minimizing tillage. Indigo then sells those carbon credits to businesses like IBM and JP Morgan Chase and Co. to offset some of the emissions they create, and splits that income—about $27 per credit (and rising) as of early 2022—with the farmer, who receives at least 75%. Depending on various factors, such as the practices farmers employ and the climate in their area, they can earn an extra $5 to $30 per acre annually through these carbon credits. In a sense, it's a new cash crop. "Young farmers are interested in carbon trading," says Jon Hennek, vice president and global head of carbon product for Indigo Ag. "They are already tech-savvy and that makes them well-suited to making the changes necessary to sell credits for the carbon they sequester. It provides a new revenue stream for them."

LOWERING THE BARRIERS

The commitment of growers like Talsma, the McDougalls and Bamberger offers reasons to be hopeful about the future of our food system. But we are running out of time, according to Sophie Ackoff of the National Young Farmers Coalition. "We see this moment as key," she says. "Will we be able to look back and say that we've made the transition to a new generation of farmers before that land goes out of production forever? We need for the policies to be in place now."

Contact your state representative and let them know you want the USDA to support funding for novice & young farmers in the 2023 U.S. Farm Bill.

The federal farm bill, a $428 billion program last updated in 2018, affects all aspects of agriculture in this country. Currently, the USDA has no single department or person to coordinate programs that help young farmers access and afford land. When COVID assistance to farmers became available, for example, many young people couldn't take advantage of it because it was designed for commodity farmers. USDA crop insurance—which provides a crucial safety net should crops fail, which they do—is also designed for big farms that grow thousands of acres of one thing, not start-up farmers who rely on a diversity of products for financial stability.

The bill is due to be renewed in 2023, and the coalition is advocating for program adjustments and outreach to help young and novice farmers. In addition to creating a coordinating body at the USDA to handle land access and transition, Ackoff's goal for the next farm bill is to earmark $2.5 billion specifically to help equitably transition 1 million acres of land from retiring growers to young farmers and farmers of color. She was heartened early last year when the members of the new administration approached her and let it be known that they recognized the problems of an aging farm population—and wanted to do better. "As an organization, we've gone from being the new kid on the block to being a group that agriculture committee members and White House staffers talk to before making decisions," Ackoff says. "Before, the needs of young farmers never came to the surface. They are totally there now."

BARRY ESTABROOK *is a three-time James Beard Award–winning journalist and author of several books, including the bestselling* Tomatoland *and* Pig Tales.

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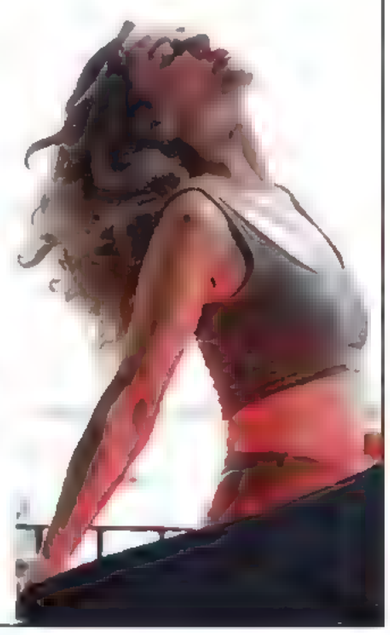

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WELL SEASONED

SMARTS FROM OUR TEST KITCHEN

Pasta Like a Pro

We love the simplicity of grabbing a box of noodles from the pantry and having a quick dinner on the table. (It's a classic weeknight meal for a reason!) But there's something truly special about making pasta from scratch. It's smoother, more tender, velvety—*perfetta*. Flip the page for our favorite pasta machines and tools that make the process, dare we say it, a pleasure.

Machines That Made the Cut

We tested a slew of hand-crank and electric pasta makers to see which ones were the easiest to use, produced the best results and were a cinch to clean. These were the hands-down winners. And note the other handy tools we like to keep around.

Best Hand-Crank Imperia Pasta Machine This Italian-made chrome-plated-steel pasta machine is exceptionally sturdy. That makes a big difference when rolling out sheet after sheet of dough. It includes a double-edged cutter for thin spaghetti and fettuccine (additional attachments available). *($80, cucinapro.com)*

Best Electric Philips Pasta Maker Pro Simply add the ingredients and the machine mixes and extrudes the dough through dies of various shapes and sizes (penne, spaghetti, etc.). It has simple-to-follow instructions, produces fresh pasta in about 10 minutes, and includes a tool that makes cleaning the die easy. *($300, philips.com)*

Chicago Metallic Pasta & Pastry Wheel *($8, crateandbarrel.com)*

Acacia Pasta Drying Rack *($15, crateandbarrel.com)*

Our Go-To Fresh Pasta Dough

TO MAKE AHEAD: Refrigerate, well wrapped, for up to 1 day; let stand at room temperature for 30 minutes before rolling. Refrigerate cut and dried pasta airtight for up to 3 days or freeze for 3 months.

Combine 1½ cups each **all-purpose** and **whole-wheat flours** with ½ tsp. **salt** in a food processor. Pulse to combine. Lightly beat 4 large **eggs** in a bowl and slowly add to the flour, pulsing until combined. Transfer the dough to a lightly floured surface and knead into a smooth and elastic ball, adding water or flour, as needed, if it's too dry or wet. Wrap and refrigerate for 30 minutes before rolling. **To make spinach pasta:** Replace 2 of the eggs with 10 oz. frozen spinach, thawed and squeezed dry.

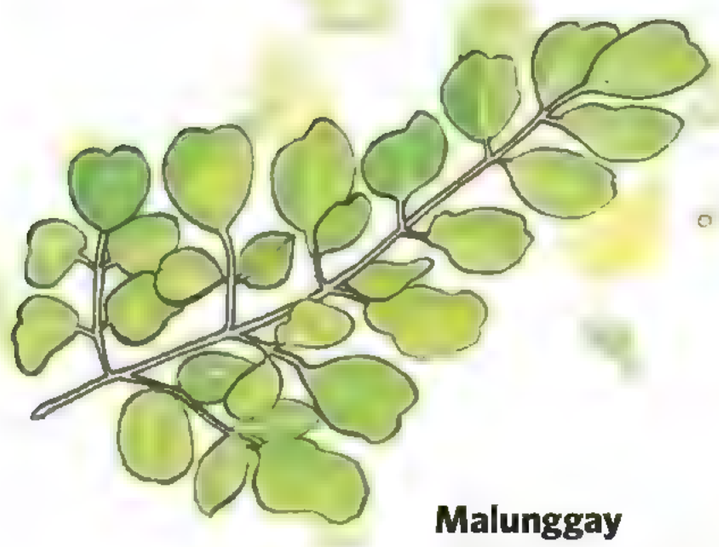
NOTE: For electric pasta machines, follow the manufacturer's suggested recipes since the extruder requires a very dry dough.

Scan with your phone's camera to shop these picks.

INGREDIENT IN A guide to some of the unique items in this issue.

Benne Seeds *(p.62)*
Benne seeds are a South Carolina staple. They're similar to sesame seeds, but have a more distinct, bitter taste. Find them online.

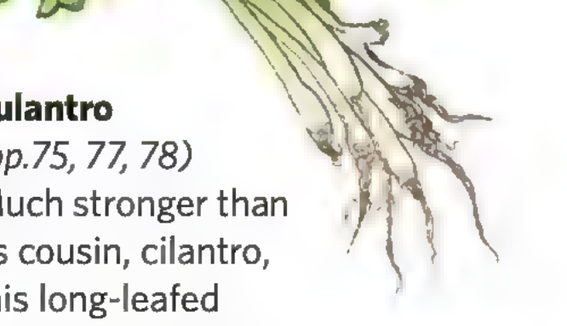
Carolina Gold Rice *(pp.62, 76)*
This flavorful, long-grain variety first arrived in the Carolinas with enslaved people in the 1600s. (The yellow-hued crop became known as "the golden seed.") It has a fluffy texture that's a favorite in low-country cooking. Find it with other rices at the grocery store or online.



Fenugreek Seeds *(p.69)*
Popular in Indian cuisine, fenugreek seeds taste maple-y, tangy and nutty. Find them in the spice aisle at well-stocked grocery stores, in Indian markets or online.

Malunggay (Moringa) *(p.69)*
Dubbed the "miracle tree" for its many purported health benefits—from reducing inflammation and joint pain to improving heart health—malunggay leaves have a sweet, slightly grassy flavor. Find them in natural-foods stores or online.

Culantro
(pp.75, 77, 78)
Much stronger than its cousin, cilantro, this long-leafed herb is widely used in Latin American, Southeast Asian and Caribbean cooking. Buy it fresh at international markets or dried online.



Dried Limes *(p.69)*
Boiled then sun-dried, these resemble walnut shells and have a savory, tart flavor. (The darker the color, the more potent they are.) Buy them at Middle Eastern markets or online.

Mustard Oil *(p.78)*
Derived from the seeds of the mustard plant, this oil delivers a pungent flavor. Look for culinary-grade mustard oil, often labeled "edible," as many varieties contain high levels of erucic acid and are not recommended for use in food. Find it online or at international markets.

Nigella Seeds *(p.80)*
Known for their onion-like flavor, nigella seeds spruce up roasted veggies, a salad or an omelet. Find online or at a specialty spice store.

Ask Breana

What's the best way to clean my oven?

A dirty oven is more than just gross—it can cause problems, such as inconsistent and inefficient heating. And residual grease can smoke out your kitchen or even start a fire. If you want to avoid the self-clean function in your oven (it may produce some serious odors and can burn out the heating elements if done incorrectly), there's an easy, natural method that I prefer. So put on a good pair of kitchen gloves and let's get to work.

Start by taking out all the racks and anything else—thermometer, pizza stone—you have in there. Use a kitchen towel to brush out any loose, burnt debris on the bottom of the oven. Then make a paste with 1 cup baking soda and 4 to 5 tablespoons of water and rub it on the bottom, sides and top of your oven (avoid the heating elements). Add a thick layer on the glass door too. Shut the door and leave the paste to set for a few hours or overnight if you have a lot of stuck-on gunk. The baking soda will break down and neutralize the grease as it sits.

While that's happening, clean the racks with a sponge or steel wool and some dish soap. Since they're so big, I like to scrub them in the bathtub and set them on bath towels to dry.

Once the baking soda has set, rub off as much of the caked-on paste as possible with a kitchen towel. Add some distilled white vinegar to a squirt bottle and spritz the inside of the oven with it—it'll bubble up like a science experiment, breaking down the grease even further and making it easier to clean. Wipe everything down again and repeat with more vinegar as needed until all the gunk is gone. Finish by cleaning out any residual baking soda with a sponge or damp towel. Now replace the racks and you're ready to use your like-new oven!

BREANA LAI KILLEEN, M.P.H., RD, *is* EatingWell's *Test Kitchen manager.*

PAGES 99-100: JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY
THIS PAGE: ILLUSTRATIONS BY EMMA DIBBEN

Irish Stout Cake

If it wasn't in the name of the recipe, you might not know there's more than a cup of beer in this decadent chocolate cake. Find out what other ingredients make it a St. Patrick's Day delight. **By Adam Dolge**

ACTIVE: 20 min **TOTAL:** 1 hr 25 min
TO MAKE AHEAD: Refrigerate whipped cream (Step 4) for up to 8 hours.
EQUIPMENT: Parchment paper

CAKE

- **1½ cups whole-wheat pastry flour**
- **¾ cup granulated sugar**
- **¾ cup unsweetened cocoa powder**
- **2 teaspoons baking soda**
- **1 teaspoon baking powder**
- **½ teaspoon kosher salt**
- **2 large eggs, lightly beaten**
- **1¼ cups Irish-style stout, such as Guinness**
- **¼ cup (½ stick) unsalted Irish-style butter, such as Kerrygold, melted**
- **¼ cup canola oil**
- **1 teaspoon vanilla extract**

WHIPPED CREAM

- **¾ cup heavy whipping cream**
- **¼ cup confectioners' sugar**
- **1 tablespoon Irish whiskey, such as Jameson**
- **1 teaspoon vanilla extract**
- **½ teaspoon instant espresso powder**

1. To prepare cake: Preheat oven to 350°F. Coat a 9-inch-square baking pan with cooking spray. Line the bottom and 2 sides with parchment, leaving a 2-inch overhang.

2. Whisk flour, sugar, cocoa, baking soda, baking powder and salt in a large bowl. Add eggs, stout, butter, oil and vanilla; stir until just smooth and combined (do not overmix). Pour the batter into the prepared pan.

3. Bake the cake until a tester inserted in the center comes out clean, about 35 minutes. Let cool in the pan for 30 minutes. Use the parchment handles to lift the cake out onto a rack.

4. To prepare whipped cream: Beat cream, confectioners' sugar, whiskey, vanilla and espresso powder in a mixing bowl with an electric mixer until medium peaks form, about 2 minutes. Refrigerate until ready to serve.

5. Serve the cake warm or at room temperature, with the whipped cream.

SERVES 12: 1 slice & 2 Tbsp. whipped cream each
Cal 312 **Fat** 16g (sat 7g) **Chol** 60mg **Carbs** 38g **Total sugars** 16g (added 15g) **Protein** 5g **Fiber** 5g **Sodium** 350mg **Potassium** 191mg.

Whole-Wheat Pastry Flour The low protein content of this finely ground flour is ideal for making a light and fluffy cake. We use the whole-wheat version because it has three times the amount of fiber per serving than regular pastry flour.

Unsweetened Cocoa Powder Cocoa powder is made from cacao beans that have been fermented, ground and processed to remove the cocoa butter. We reach for it whenever we want a cake that is airy and has rich, concentrated chocolate flavor. Using melted unsweetened chocolate would produce a dessert that's more dense, since the cocoa butter it contains firms up at room temperature.

Irish-Style Stout The toasty, caramel and coffee flavors of stout are a perfect complement to chocolate and give the cake its unique and complex tang. The carbonation also assists in leavening the cake. We recommend Guinness, as it's widely available, but experiment with your favorite stout.

Irish-Style Unsalted Butter and Canola Oil We use a combo of these two fats for a reason: the oil makes the cake super moist, but doesn't add much in the way of flavor. That's where the butter comes in. We use an Irish-style butter for its higher fat content, which makes for a richer cake.

Heavy Whipping Cream Also called heavy cream, this has a high fat content (between 36% and 40%) that gives the cake's whipped cream topping enough structure to form and hold a foam, even with the addition of espresso powder and whiskey. Regular whipping cream (about 30% fat) won't keep those nice peaks for long, and those with less than 30% fat, such as light cream, will struggle to whip at all.

TOP: EMMA DIBBEN; BOTTOM: ANTONIS ACHILLEOS; ORIGINAL RECIPE BY SARAH EPPERSON

MILK FROM IRISH GRASS-FED COWS

Kerrygold

A RECIPE TO REMEMBER, WITH FLAVOR THEY'LL NEVER FORGET.

MADE WITH MILK FROM GRASS-FED COWS THAT GRAZE ON THE LUSH PASTURES OF IRELAND.

Executive chef Brien Kuznicki *(left)* and farmer Michael Bosworth at Sacramento's Golden 1 Center.

Net Benefits

This basketball arena is proving that great courtside eats can be both locally sourced and sustainable.

By Sara Ventiera Photo by Salgu Wissmath

THE SITUATION Sports stadiums are not necessarily known for their epicurean fare. While in recent years some locations have added local produce and healthier dishes to their menus, and implemented sustainability measures like composting, the changes have been slow to roll out. When Golden 1 Center, home of the Sacramento Kings, was preparing to open in 2016, the culinary team knew they could deliver a more elevated food experience while highlighting the region's agricultural abundance—there are nearly 2 million acres of farmland in the Sacramento area—along with great beers and wines. Those choices would also keep the arena's provisioning dollars in the community and help make its operations as environmentally sustainable as possible.

WHAT THEY DID The culinary team implemented a program called Local Eats, with 90% of the arena's food and beverages coming from within 150 miles. "It was the first of its kind," Golden 1 Center executive chef Brien Kuznicki says of the program. "No one had ever really tried to do it." Working with hospitality partner Legends, which runs the arena restaurants, and local foods distributor Next Generation Foods, chefs buy directly from farmers, growers and other regional companies. While not everything is local (the potatoes for the fries do hail from Idaho), the 17,000 guests who show up for games and other events get to dig into tofu veggie bowls featuring rice from nearby Bosworth Farms and nosh on all-beef hot dogs from Fairfield, just 45 miles away.

WHY IT'S COOL The program—which so far has saved the estimated carbon equivalent of taking 221 cars off the road—goes far beyond sourcing locally. In addition to other measures, the arena saves its vegetable and meat scraps for treatment in a groundbreaking new initiative called California Safe Soil. Organic enzymes process the waste in a giant food digester and it's then pasteurized, filtered and returned to the earth in easy-to-absorb liquid form at local farms. An added bonus: Golden 1 Center's program creates long-term relationships with farmers, which in turn provides them with a more stable source of income. "You can count on being profitable every single year," says farmer Michael Bosworth of Bosworth Farms. "In farming that's pretty much never the case."

EATINGWELL® (ISSN 1046_1639), March 2022, Volume XXI, No. 2, is published 10 times/year in January/February, March, April, May, June, July/August, September, October, November and December by Meredith Operations Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.1.5.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ©Meredith Operations Corporation 2022. All rights reserved. Printed in the U.S.A.

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B_{12} (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast & Snacks																				
49	Banana Carrot Smoothie	238	54	0	7	5	75	809				114			■	■	■			■
49	Banana Tahini Toast	286	48	6	7	5	279	566							■		■	■		■
50	Breakfast Spinach Salad	379	22	0	16	9	299	363	24		37	230	30	59	■	■		■		■
50	Egg & Spinach Tacos	421	32	0	21	8	658	564		23	22	92	53	26	■	■		■		■
50	Instant Egg & Cheese "Bake"	279	14	0	19	3	436	202			22	88	45		■	■		■		■
50	Migas with Spinach	402	20	0	21	8	481	439	22	23	33	162	44	41	■	■		■		■
49	Peanut Butter & Hemp Banana	229	30	0	6	4	54	422							■	■	■		■	■
50	Sunny-Side-Up Quesadilla	481	31	0	19	9	367	423	29		30	161	32	41	■	■		■		■
Appetizers, Sides & Condiments																				
78	Baigan Chokha (Roasted Spiced Eggplant)	113	19	0	3	8	128	711							■	■	■	■	■	■
80	Caraili (Sautéed Bitter Melon)	162	8	0	10	4	353	530		22				117		■		■		
62	Glazed Carrots with Green Harissa & Benne Seed Crunch	214	20	0	5	5	335	730				582		56		■		■		■
78	Kuchela (Green Mango Relish)	52	5	0	0	1	20	58							■	■	■	■	■	■
87	Kyuri-no-Asazuke (Quick Sesame Cucumber Pickles)	11	3	1	0	0	242	63							■	■		■	■	■
86	Miso Yakionigiri (Grilled Miso Rice Balls)	136	21	0	3	1	249	32								■		■	■	■
40	Parmesan Creamed Spinach	167	10	0	8	3	382	124			21	152		36	■	■		■		■
63	Roasted Squash Salad	267	37	11	5	4	273	639				347		38		■	■			■
40	Sautéed Spinach with Coriander Chutney	135	9	0	3	4	290	40			43	150		50	■	■		■		■
40	Sesame-Garlic Spinach Salad	157	11	0	4	4	356	245				141		21	■	■		■	■	■
88	Tofu-no-Misozuke (Miso-Marinated Tofu)	78	4	0	12	3	82	0								■	■	■	■	■
88	Yakimiso (Toasted Miso)	50	7	1	1	1	157	23							■			■	■	■
Soups																				
70	Ajiaco Bogotano (Potato Soup with Corn, Chicken & Capers)	483	57	0	38	8	574	1,333		21	23			33		■	■	■		
70	Chicken Chorba	471	43	0	31	7	471	1,013			20									
69	Gondi (Chicken Meatball Soup)	195	14	0	18	2	500	621								■		■		
69	Spicy Coconut Chicken Soup	413	16	0	29	5	564	649			43	116				■		■		
69	Tinola (Ginger-Garlic Chicken Soup)	344	14	0	27	2	663	634				43		58		■		■		
88	Yasai-To-Tofu-no-Misoshiru (Hearty Miso Soup with Vegetables & Tofu)	202	19	0	9	4	807	424				226			■	■		■		
Vegetarian & Vegan																				
41	Crispy Portobellos with Marsala Sauce	389	34	0	11	4	480	716		20					■					■
75	Doubles	364	47	2	10	7	321	386		31							■	■	■	■
62	Greens & Groats Risotto	383	48	0	14	8	474	308				49		29				■		■
62	Mushroom & Carolina Gold Rice Stuffed Cabbage Rolls	386	33	0	13	7	497	970	24	22		48		120		■		■		■
28	Orange-Mint Freekeh Salad with Lima Beans	389	55	0	12	11	339	867			31			90	■		■	■	■	■
31	Roasted Tofu & Broccoli with Peanut-Curry Sauce	345	17	4	18	5	325	475		23		65		110	■	■		■	■	■
76	Trinidadian Dal & Rice	276	47	0	9	9	443	413		20						■		■		■
Chicken																				
86	Chicken Miso Curry	434	31	0	30	4	705	878				59	37	38				■		
34	Chicken Tinga	206	8	0	24	2	459	309					29			■		■		
35	Chicken Tinga Baked Pasta	542	54	0	40	8	635	481	20	25			39		■					
35	Chicken Tinga Rice Bowls	471	45	1	31	7	701	865		22	20	53	29	110	■	■		■		
35	Chicken Tinga Tostadas	345	44	0	21	8	514	138							■	■		■		
30	Prosciutto & Fontina Stuffed Chicken with Spring Vegetables	340	11	0	36	3	669	737		22		30	23		■	■		■		
32	Roasted Chicken Thighs & Radishes with Lemon Crème Fraîche	438	16	0	31	6	606	1,002	21		24	169		60	■	■		■		
37	Spicy Coriander-Cumin Chicken Thighs	212	2	0	23	1	255	347					29		■	■	■	■		
Fish & Seafood																				
33	Garlic-Anchovy Pasta with Broccolini	457	51	0	21	8	548	607			29	81		83	■			■		
38	Gochujang-Glazed Salmon with Garlic Spinach	282	13	4	30	1	510	713				47	188		■		■	■		
44	One & Yum Squid	380	26	0	27	6	466	555				47	46	28	■	■	■	■		
42	Smoky Collards & Shrimp with Cheesy Grits	443	47	0	37	12	693	960	61	95		250		95	■	■		■		
77	Tambran (Tamarind) Fish	284	13	2	30	1	332	492					93	22	■		■	■		
61	Trout in Sage Brown Butter with Hearts of Palm Salad	454	15	0	32	2	656	1,031					345	24		■		■		
Beef																				
36	Pressure Cooker "Corned" Beef & Cabbage	295	19	0	32	6	418	809		21		381	35	82		■		■		
Desserts																				
49	Banana Chia Pudding	274	48	9	5	11	106	557	29				63				■	■		■
49	Banana Nice Cream Sundae	314	61	2	7	9	182	608							■		■			■
89	Carrot Cake with Miso Cream Cheese Frosting	317	41	27	4	1	337	150				63								■
102	Irish Stout Cake	309	38	15	5	5	350	192												■
45	Mango Yogurt Tart	201	30	13	5	1	88	158									■	■		■

KEY TO COLUMN LABELS: % Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day. **45 Minutes or Less:** A recipe's start-to-finish (total) time is 45 minutes or less. **Gluten-Free:** No wheat, rye or barley. **Heart-Healthy:** Limited saturated fat and sodium. **Low-Cal:** Recipes are relatively low in calories. **Vegan:** No animal products. **Vegetarian:** Meatless (or meatless options listed first). **More info:** *eatingwell.com/go/guidelines*

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